

Green Tea

According to Chinese legend, tea was discovered accidentally by an emperor 4,000 years ago. Since then, traditional Chinese medicine has recommended green tea for headaches, body aches and pains, digestion, depression, immune enhancement, detoxification, as an energizer, and to prolong life. Modern research has confirmed many of these health benefits.

Green tea polyphenols are potent antioxidant compounds. They are more potent antioxidants than vitamin E and vitamin C. Green tea, unlike black and oolong tea, is not fermented, so the active constituents remain unaltered in the herb. It is produced by lightly steaming the fresh cut leaf. Green tea is very high in polyphenols and has potent antioxidant and anticancer properties.

Usage

- ❑ May be used in carrier oils, scrubs, masks, hydrotherapy treatments, muds, and body wraps.
- ❑ Amount will vary depending on treatment