

Green Tea Powder

Historical or traditional use (may or may not be supported by scientific studies):

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 and immune enhancement, detoxification, as an energizer, and to prolong life.

Green Tea is high in antioxidant and health-enhancing properties, which come from its numerous compounds, including the flavonoid catechin. Catechins work to neutralize unstable substances called free radicals which can cause oxidative stress and damage to cells.

Usage

- ❑ Mixing ratio is ¼ teaspoon of Green Tea to 2 tablespoons of base.
- ❑ Can be mixed with masks, butter and scrubs.
- ❑ Does not dissolve well in carrier oils.
- ❑ Contains natural caffeine, making this product great for cellulite treatments