

**GREEN TEA  
SKIN CALMING  
TREATMENT**

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**IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

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**Introduction**

Green tea contains volatile and essential oils that act as effective anti-inflammatory and anti-oxidant agents that calm agitated skin (reducing heat, redness, and discomfort) and restore tissue ph levels to promote free radical healing.

The following treatment can be effective in calming any skin condition.

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**Procedure**

- 1) Make 250 to 500 ml of green tea, let it steep for 15 minutes, and then let it cool to room temperature.
- 2) Splash your face with cold water three to four times and then very gently pat dry with a towel. The cold water will calm the skin before the green tea treatment is applied.
- 3) Dip several cotton balls into the cool green tea and apply to the affected areas. When applying, lightly and gently dab the skin with the cotton balls. Never rub with the cotton balls as this will further irritate and redden the skin.
- 4) Any surplus tea can be put in a sealed container, placed in the fridge, and used later. However, tea older than 24 hours should be discarded.

5) An alternative treatment is to add Green tea to aqueous cream, and to very gently apply to the affected areas. The cream can also be applied with cotton balls.

6) The green tea treatment can be repeated as needed (4 x daily) - see what works for you.

7) If any adverse indications manifest, discontinue treatment immediately.

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