



Relieve sunburn with green tea

Sunburn is a problem that occurs to you especially in spring and summer due to sunlight. Skin color change, burning and itching of the skin, etc. are symptoms of sunburn.

New studies by researchers show that the compounds in green tea can protect human skin from sunburn, and even in case of burning and skin damage, it can reduce the harm of this phenomenon and help the healing process. Drinking green tea prepares the skin for exposure to sunlight.

This new research claims that green tea can help prevent sunburn. Tannic acid and theobromine in green tea cool and relieve sunburn.

Other compounds of green tea called cations prevent further damage to the skin and help to repair it, and may even prevent the occurrence of cancers caused by chemicals and radiation.

Green tea is rich in substances called polyphenols, which protect the skin from damage caused by ultraviolet radiation, which causes sunburn, and drinking green tea prepares the skin for exposure to sunlight.

There is no doubt that prevention of sunburn is better than suffering its consequences. However, if you spend a long time outdoors without using sunscreen, soothe the burn by drinking chilled green tea.

In addition to having very rich antioxidant properties and numerous benefits for human health, green tea is considered a good option for maintaining skin health and can have preventive and therapeutic effects at the same time.

The full description of this research has been published in the latest issue of the specialized journal *Oxidative Medicine and Cellular Longevity*.