

What Is Camellia Sinensis?

Camellia Sinensis is a tea plant native to Southeast Asia. A number of teas like green tea and white tea are derived from this plant. It is grown across the world today, because of the wide range of skin and health benefits it offers.

How Are Teas Derived From The Same Plant Different?

Though various teas are extracted from Camellia Sinensis, the difference lies in the way they are processed. For example, green tea is processed before undergoing oxidation. It is derived from the mature leaves of the plant, allowing its [antioxidants](#) and other nutrients to stay intact.

Black tea, on the other hand, is fully oxidized. It contains a huge amount of theophylline, which helps to relax your muscles. It is also beneficial for those with asthma. White tea is freshly air-dried and contains a high amount of antioxidants. Thus, it is considered as an elixir for those with [acne](#) issues.

Benefits Of Camellia Sinensis For Skin



1. Helps To Reduce The Risk Of Skin Cancer

Antioxidants found in this plant help in reducing the risk of skin cancer [\(1\)](#). Camellia Sinensis plant is also rich in catechins, which contains EGCG (epigallocatechin gallate). These are said to possess strong antioxidant properties [\(2\)](#), which fight free radicals found in the skin.

Are you wondering what free radicals are? They are basically a group of molecules that damage your DNA and body's tissues which are vital to fight diseases and keep skin problems at bay.

2. Protects Against Skin Aging

Green tea in the form of a beverage has been proved to be an effective way of preventing [skin aging](#). It has the ability to protect your skin from UV-induced oxidative stress (3). White tea also is rich in antioxidants, which contribute to youthful skin. It also controls the process of metalloproteinases.

Metalloproteinases contribute to a reduction in the amount of [collagen and elastin](#) that are present in your skin, which are important to maintain healthy and youthful skin. White tea inhibits this process from taking place, keeping your skin soft and plump.

Oolong tea also protects against UV-induced damage. Rich in [vitamin E](#) and K, this tea keeps your skin soft and elastic.

3. Aids-In Skin Hydration

Green tea is also effective in soothing [dry skin](#) and reducing trans-epidermal water loss. It hydrates your skin and improves its structure and quality.

Oolong tea is also said to reduce eczema-related symptoms as it contains anti-allergenic antioxidants (4). Drinking it three times a day for about 6 months can help improve your [eczema](#) symptoms. However, you must consult your doctor if you have any other health conditions.

4. Anti-Inflammatory Properties

Camellia Sinensis leaf extract in the form of green tea is also said to prevent UV-induced damage and [skin inflammation](#) (5). Research indicates that it is effective when applied topically (6). Black tea also possesses anti-inflammatory properties that reduce the appearance of puffy eyes. (7)

5. Nourishes Skin

Black tea is believed to nourish the skin with vitamins B2, E and C. [Vitamin C](#) is vital for good skin and a healthy body as well. It also contains minerals like zinc that are essential for your skin health. Black tea also reduces the appearance of premature signs of aging.

6. Fights Acne

Researchers have suggested that white tea can be used as an astringent for those with acne-prone skin. Consumption of white tea also helps fight future breakouts.

We know that drinking green tea is widely practiced throughout the world, especially in East Asia. A cup of warm green tea with its light soothing taste and aromatic scent relaxes the body and calms the mind. But green tea leaves are not only great for brewing a cup of tea, green tea leaf extracts have excellent health and skincare benefits as well.

Green tea leaves are harvested from *Camellia Sinensis*, a shrubby evergreen plant widely cultivated in China, Japan, India, Southeast Asia and other parts of the world. Other types of tea such as black tea and oolong also come from the same tea plant but the leaves are processed differently to obtain their own unique aromatic flavours.

The health and skincare benefits of green tea leaf extracts are due to the composition of *Camellia Sinensis* tea leaves. Green tea leaves contain a high concentration of polyphenols (in particular catechins), caffeine, amino acids, vitamins and minerals. Research studies have shown that potential health effects from green tea include its detoxifying properties, reducing cholesterol levels and hypertension, and weight loss. Similarly, the use of green tea leaf extracts as active ingredients in skincare products have many benefits for your skin

Skin Care Benefits *from* Green Tea Leaf **EXTRACTS**



Skincare Benefits of Green Tea Leaf Extracts

In skincare topical applications, Green Tea (*Camellia Sinensis*) Leaf Extracts have numerous beneficial skincare properties. Here are 5 skincare benefits from Green Tea (*Camellia Sinensis*) Leaf Extracts you should know.

1. Anti-oxidants

The anti-oxidant properties in green tea leaf extracts are due to the abundance of catechins found in green tea. Catechins are powerful natural anti-oxidants which neutralise free radicals to protect the skin cells and tissue from damage. Oxidative stress on the skin by free radicals is also a key cause of the skin aging process.

2. UV protection

Green tea leaf extracts effectively protects the skin against damage caused by UV radiation which can have a major negative impact on the skin including photoaging and weakening of collagen and elastin fibers. Prolonged exposure to UV can also lead to more age spots, deeper wrinkles and fine lines.

3. Anti-aging effects

The combined anti-oxidant and UV protection properties from green tea extracts provide mitigating factors against the accelerated aging process caused by oxidative stress and photoaging effects. The protective anti-aging effects help to reduce the signs of aging and maintain a smooth and supple complexion by evening out skin tone and reducing wrinkles. Green tea extracts prevent the breakdown of collagen to maintain skin elasticity.

4. Anti-inflammatory and anti-bacterial

Catechins in green tea leaf extracts have anti-inflammatory and anti-bacterial properties. This can help to reduce facial inflammation and redness, and skin irritations. Studies show that green tea can also help to regulate sebum production. Therefore, it can be an effective ingredient in the treatment of acne conditions or oily skin.

5. Improving overall skin conditions

Green tea leaf extracts help to improve overall skin conditions. Studies have shown that application led to improved skin texture, increased in skin moisture, reduced skin roughness, and improved skin smoothness.

Green tea leaf extracts are among the amazing active ingredients in Jill Lowe's Fruit Lava moisturising and brightening cream and Fruit Essence serum. Their formulations include other botanical extracts which enhance the skincare benefits of Fruit Lava and Fruit Essence