



THERE'S NO doubt that a cup of tea works wonders on a frazzled mind.

From disease prevention to weight loss, tea has garnered lots of good press. Now cosmetics companies are getting in on the act.

"Research suggests that topical use of tea can reduce cellular damage from UV exposure and cut your risk of skin cancer," says Audrey Kunin, M.D., president and founder of DERMAdoctor in Kansas City, Mo. The magic ingredient: EGCG (epigallocatechin gallate), an antioxidant that can reduce facial redness, balance skin tone, and prevent signs of aging, according to Kunin.

Some tea varieties may be more potent than others. Green and white tea are less processed, so more of the active ingredient remains intact. Black tea leaves are fermented for up to four hours, causing them to lose some of their EGCG. Red tea is rich in polyphenol antioxidants, and it comes from a totally different plant, called rooibos. Whichever variety you choose, you won't go wrong.

HIGH TEAS: [1] Jason Natural Red Elements Exfoliating Scrub, \$15 [2] Red Flower Cleansing Body Wash in Thai Honeysuckle With Black Tea, \$18 [3] Boscia Green Tea Blotting Linens, \$10 for 100 [4] Pangea Organics Indian Green Tea With Mint and Rose Petals Soap, \$7 [5] Korres Natural Products White Tea Fluid Facial Cleanser, \$19 [6] Crabtree & Evelyn Naturals Black Tea, Vetiver & Sugarcane [Conditioning] Botanical & Mineral Body Mist, \$20 [7] Body Systems White Tea and Ginger Body Scrub, \$18