

Black Tea Compress

Researchers at the department of dermatology at the University of Lübeck, Germany, found a significant decrease in eczema severity and itch using a weak black tea compress.

The fall in scores was rapid and dramatic. The scores fell to 12-31% of their original values within the first three days of treatment and in eight patients all four scores fell to <25 % of their baseline value by day three of the study. Although the mechanisms by which black tea dressing treatment may induce such powerful effects have not yet been studied, black tea is known to contain astringent substances (tannins) and flavonoids that both possess anti-inflammatory properties.

-Witte M, Krause L, Zillikens D, Shimanovich I. Black tea dressings - a rapidly effective treatment for facial dermatitis. J Dermatolog Treat. 2019;:1-4.

To make a gentle black-tea compress, please do the following:

1. Obtain un-flavored black tea, such as Newman's Own Organic Black Tea.
2. Brew one tea bag for 10 minutes in one cup of boiling tap water, then discard this tea.
3. Add another cup of boiling water to brew a second cup using the same tea bag for 10 minutes, and place it in the refrigerator so it gets nice and cool.
4. Soak a soft cloth or gauze in the weak tea infusion, and wring out gently.
5. Apply the damp compress to the affected area(s) for 20 minutes.
6. Apply a good moisturizer immediately after to prevent dryness.

Repeat this 4-5 times per day for six days or until improved.

If irritation occurs, stop immediately and contact your physician.

