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5 Surprising Ways to Use Tea

Tea has benefits beyond a great morning drink!

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Anyone interested in living a healthy, natural life will know all about drinking superfood teas: sipping on a cup of chamomile, green or peppermint tea can

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work wonders for your body, and tastes great to boot! However, there are lots of other, very surprising ways to make use of tea in everyday life. After reading this list, you'll never be able to resist buying tea again!

Photocredit: Flickr / chumsdock

5 Ways to Use Tea for Health and Beauty

1. Using teabags in the bath - Adding teabags to your bath is a great way to cool sunburn, reduce foot and body odor, and reduce razor rashes. Simply add a couple of teabags to your bath while the water is running, and then enjoy!



Photocredit: Wikipedia Commons

2. Using peppermint teabags for toothache - After enjoying a cup of peppermint tea, pop the teabag in your mouth and chew on it for a while! The peppermint leaves help to reduce the pain of toothache.



Photocredit: Flickr/ buechertiger

3. Cooking rice with tea - If you're tired of boring old white rice, jazz up your oriental meal by cooking your rice in tea, rather than boiling water. You can use almost any type of herbal tea you like, although jasmine and green tea are highly popular choices.











Photocredit: Flickr/visualpanic

4. Making tea sachets for underwear and sock drawers - If you like your laundry to smell fresh even when it's been sitting in the drawer for a few days, pop a couple of teabags into the back of the drawer. This will not only eliminate any

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odors that are lurking around, but it will also give the clothes a fresh scent. Choose different types of herbal teabags for an exciting range of scents!



Photocredit: Flickr/ TheLivingRoominKenmore

5. Using teabags for soothing sore eyes - If you suffer from dry eyes or hay fever or you simply look a little worse for wear first thing in the morning, try placing two brewed but cool teabags onto your eyes. This will help to reduce the swelling and keep the area cool.



WayBack Machine interface showing a search for <http://ethicaldeal.com/blog/2013/10/5-surprising-ways-to-use-tea/>. It displays 3 captures from 28 Oct 13 - 27 Nov 13. A calendar navigation shows the current date as NOV 27, 2013.

Facebook social plugin for 'ethicalDeal'. It shows a 'Like' button, 8,647 people who like the page, and a row of profile pictures. Below the plugin is the text 'Facebook social plugin'.

Get the great benefits of tea with with this week's ethicalDeal: **2-for-1 admission to the Vancouver Tea Festival - sample, shop, learn, and watch tea ceremonies - Save 50%! Special offer only available October 21-27, 2013. Get it before it's gone!**

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Twitter social plugin titled 'Follow Us on Twitter'. It shows 'Tweets by @ethicalDeal'.

YouTube social plugin titled 'Watch our Product Reviews'. It shows a video player interface with a grey video area and navigation controls.

About the author:

Maryruth has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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