



# Erase 10 years with a “teatox”

As we usher in spring, the skin, hair and body bothers that cropped up over the winter months can sap our confidence. Tea-riffic remedies to the rescue! These herbal brews are packed with healing nutrients that turn back the clock for a beautiful boost!

## ROSACEA?

### Apply chamomile tea

Dry air and harsh temperatures can trigger rosacea flare-ups that leave skin ruddy and inflamed. What can help: chamomile tea. “The plant’s anti-inflammatory *bisabolol* has been shown to reduce redness and irritation on contact,” says New York City dermatologist Debbie Palmer, M.D.

**TODO:** Steep 3 chamomile tea bags (like Bigelow Cozy Chamomile Herb Tea, \$3 for 20 tea bags, [Target.com](#)) in 2 cups of boiling water; let cool. Soak a washcloth in the brew, then drape it on the face and leave on for up to 15 minutes.

## THINNING HAIR?

### Try a peppermint rinse

Hair follicles narrow as we age, leading to thinner strands that shed more easily. But peppermint’s menthol stimulates the scalp, increasing blood flow to help promote faster growth of stronger strands. In fact, a recent study found menthol to be just as effective as the drug minoxidil at regrowing hair!

**TODO:** Steep 4 peppermint tea bags (like Celestial Seasonings Peppermint Tea, \$3 for 20 tea bags, [Target.com](#)) into 3 cups of boiling water. Let cool; pour onto damp hair. Massage into the scalp for 5 minutes, then rinse. Repeat twice a week for fuller tresses in 30 days.

## BLOATED?

### Sip a dandelion brew

A sluggish lymph system due to seasonal indulgences and a lack of physical activity can lead to a buildup of toxins and water retention that makes us look bloated and feel blah. An easy solution? Sip some dandelion tea. “The herbal brew’s detoxifying compounds trigger the release of bile, cleansing the liver and escorting toxins from the body, while its diuretic properties help flush out excess fluids,” says nutritionist Ann Louise Gittleman, Ph.D., author of *The Fat Flush Plan*. This effect alone can help women shed 3 to 5 pounds—and 1 to 2 belly inches—in just 2 days. Bonus: When ingested, dandelion’s vitamins and minerals have been shown to help strengthen hair!

**TODO:** Steep a bag of dandelion tea (like Alvita Organic Dandelion Root Tea, \$7 for 24 tea bags, The Vitamin Shoppe stores) in 1 cup of boiling water. Drink 3 to 5 cups over 2 days for a noticeable difference by day 3.

## READER POLL

### WOULD YOU EVER...USE A MANI MARKER?

We asked 100 FIRST readers & staffers to weigh in and...

59%  
said  
no!

**Applying polish perfectly at home is no easy task, but salon manicures are pricey!** So we couldn’t wait to get our hands on the Ciaté London Mani Marker (\$12, [US.CiateLondon.com](#); comes in 5 shades), which claims to help with precise polish application. But does it go on easily or create a mess? **Our verdict:**

*We’re skeptical*

“The directions said to only apply one coat, but the polish was too sheer, so I added a second coat. That was a bad idea—it ended up looking thick and clumpy.”

—Tara Hans, *FIRST* senior copy chief

“Putting on the polish was so simple compared with using a brush! Once it dried, though, the color was super streaky. The end result didn’t really wow me.”

—Morgan Greenwald, *FIRST* editorial assistant

