HEALTHY TIPS

After Reading This You Will Never Throw Away The Used Tea Bags Again

By bestfolkmedicine · 15/04/2019 · 2 min read



If you are like most people, you probably consider tea bags to be a one time-use item and once you prepare tea, you throw away the used bag. However, if you knew better, you would keep those used tea bags because they are more useful than you may think.

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From helping you get rid of dark circles under the eyes to removing unpleasant fridge odour, used tea bags are more than needed. Therefore, make sure the next time you prepare yourself a cup of tea goodness; you also keep the used tea bag!

If you are unsure about how to use already used tea bags, continue reading the article. We will present 10 amazing ways in which tea bags will ease your everyday life.

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5 Ways to Benefit from Used Tea Bags

- **Alleviate dark circles under the eyes**

For those nights when you could not get the needed sleep and as a result woke up with dark circles under the eyes, used tea bags are here to help you. Place cooled down tea bags onto the eyes or under the eyes and lie down. Keep them for 20 minutes before you remove them and rinse off the face. This will not just reduce puffy eyes and dark circles, but help you relax before a long day. The best teas for this purpose are green and black tea because they are rich in tannins and caffeine, as well as in antioxidants that are good for the skin.

- **Removes unpleasant shoe odour**

Stuff a handful of dried and used tea bags into old socks and tie them up in the openings. Put them inside the shoes for a couple of days. You can also place used tea bags in shoe cabinets to reduce foul smells from shoes.

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- **Reduces pain**

Used tea bags can be highly effective in relieving sunburns, burns, rashes, and bee stings when applied topically. They are an inexpensive and simple cure to alleviate the pain and discomfort and speed up the healing.

- **Softens and flavours meat**

Did you know that you can boost your meat's flavour by marinating it with used tea bags? The tannins will soften the meat and make it sweeter and boost the savoury notes, particularly with barbecued meat. The best meat to use tea bags with is beef, but it may not work with chicken.

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- **Freshens up the air naturally**

Add a couple of drops of your favourite essential oil onto used tea bags and you have ready air freshener for your car, office, and home. Thanks to the already built-in string, you can hang them in several areas. The tea bags will not just release a pleasant fragrance, but they will also absorb

unpleasant odors.

Sources:

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