

Matcha Moves from Smoothies to Skin: How to Use It Right

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The powdered green tea known as matcha is gaining traction not just in smoothies but also in skincare routines. Experts note it is particularly rich in potent antioxidants that benefit skin health.

Unlike regular green tea, matcha involves consuming (or applying) the whole leaf, resulting in higher concentrations of nutrients such as catechins—including Epigallocatechin gallate (EGCG).

These compounds help neutralise free radicals, reduce inflammation, support collagen production and improve skin texture.

Key Skin Benefits of Matcha

- **Antioxidant & Anti-Ageing Effects:** EGCG helps protect skin cells from UV-damage and slows down collagen breakdown, which can contribute to visible signs of ageing.
- **Anti-Inflammatory & Detoxifying:** Matcha's polyphenols and flavonoids help calm redness, reduce oil production and soothe skin irritation linked to acne or environmental stress.
- **Internal + External Benefits:** While topical matcha applications (masks, serums) help visibly, consuming matcha also supports skin from within via better circulation, detox and nutrient influx.

How to Incorporate Matcha Into Your Skincare Routine

Topically: Masks, Serums & Applying It Right

- Use matcha-infused products like cleansers, masks or serums that list the ingredient early on.
- DIY tip: Mix 1 tsp matcha powder with 1 tbsp honey or yoghurt. Apply for ~15 minutes, rinse. This helps hydration or brightening depending on the mix.
- Apply to slightly damp cleansed skin so the formula penetrates. Always follow up with moisturiser and sunscreen (matcha is supportive, not a replacement for SPF).

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