

Jasmine Tea Benefits

1. Supports the calm approach

As you may already know, *Camellia sinensis* teas are both stimulating and relaxing. These properties are produced thanks to the relatively low caffeine content of tea, along with the natural amino acid L-theanine.

In other words, compared to coffee, drinking tea allows you to focus without jitters. It lifts you up and then lowers you gently without bumping.

L-theanine also helps maintain a healthier response to stress, which is perfect for busy days.

Due to its base of tea leaves, jasmine tea is packed with L-theanine, with just the right level of caffeine.

Bonus: some research suggests that [Taiwanese jasmine tea](#) “outperforms” the stress-busting benefits of most true teas.

See, the addition of jasmine petals makes this tea rich in linalool, one of the components responsible for the floral aroma you smell when preparing or drinking jasmine tea.

The smell of linalool isn't just pleasant — science says it can even help you relax. So remember to take a deep breath while drinking, especially if you are having a rough day!

2. Supports healthy skin

Healthy skin is beautiful skin, and jasmine tea can promote skin health in a number of ways.

For one thing, the polyphenols found in tea can help support healthy aging by acting as antioxidants, keeping you looking good from the inside out.

But the jasmine petals themselves also have a huge impact when it comes to skin health.

Studies show that some components of jasmine flowers may have cleansing properties while supporting the skin's natural healing ability.

Most research focuses on the topical effects of jasmine on skin health, implying that concentrated jasmine tea could be the perfect complement to homemade skincare products.

Whether you drink it, use it in scrubs and rinses, or both, your skin will appreciate the benefits of jasmine tea.

3. Supports healthy cells

Green tea, the most common base for [jasmine tea](#), is rich in antioxidant polyphenols and catechism like EGCG that support cellular health.

But alongside the usual surprising health-promoting compounds found in tea, jasmine tea has free radical scavengers thanks to the jasmine petals.

That means jasmine tea is a great option if you want even more antioxidants than most true teas.

4. Supports healthy cholesterol levels

Up to 17 independent clinical trials show that green tea can help maintain healthy cholesterol levels in humans

And an animal study found that, compared to other types of teas, Chinese green tea and jasmine tea had the greatest benefit for cholesterol levels.

While it is yet to be proven, there is a possibility that jasmine's unique antioxidants could boost jasmine tea's ability to promote healthy cholesterol levels even more.

5. Supports gut health

Drinking tea helps support a healthy gut because some polyphenols act as prebiotics, nourishing your micro biome by feeding your gut bacteria.

And in the case of fermented teas like pu'er, we can also add a probiotic benefit (which provides healthy bacteria) to the list.

Plus, drinking tea helps support your body's natural anti-inflammatory response throughout your body, including your gut.

While it's too early to say for sure, some animal evidence suggests that jasmine may help support your body's ability to maintain a healthy gut by promoting high levels of natural cellular antioxidants.

Green tea is a kind of tea that has been very popular in China and Japan for centuries and has recently seen a massive explosion in popularity in the West. Its rise is linked in many ways to that of the alternative health movement, which sees green tea as having a range of traditional healing properties and abilities to cure diseases. Although these claims have not been proven, there is the documentation for belief in them that goes back over a thousand years.

Some green tea is produced outside China and Japan, but it is mostly considered to be cheap imitations of the 'real thing' and not worth paying attention to, with the possible exception of a few Indian teas. Most green tea drinkers still import their tea from the East, considering this to be the best tea, and some green teas have become especially famous, such as Japanese sencha, and the Chinese teas Longjing, Hou Kui, Piluochun, and many more besides. Although most supermarkets still only stock one form of generic 'green tea', which is usually of very poor quality, healthy food, and herbal shops will generally have a whole range of high-quality, albeit expensive, green teas to choose from.