

SKIN WHITENING TEA

SIDE EFFECTS

Don't consume this tea if you have known allergies to any of the herbs contained in this tea. If you're going to drink 2-3 cups of this tea daily, you need to eat some yogurt or take a daily probiotic. This herbal skin whitening tea is also a detox tea with anti-biotic properties. Unlike a prescription antibiotic, herbal antibiotics won't cause a buildup or resistance to prescription antibiotics. But like prescription antibiotics, herbal antibiotics can cause yeast infections in females if taken in extreme doses. This can be easily prevented by eating yogurt or taking a daily probiotic.

INSTRUCTIONS

Don't over steep or over-cook this tea. It will render some of the active ingredients within the herbs inactive. And when the herbs are "over cooked" the tea will taste bitter & burned. Put one tea bag in a mug, then pour 8 fl.oz of hot distilled water into the mug. Stir the tea bag for 45-60 seconds then immediately remove the tea bag & squeeze the water out into the mug. Discard the tea bag. It is best to sweeten this tea with raw honey. Honey has skin whitening properties and it also tastes better than regular sugar. Stir in one tablespoon of honey and stir while the tea is still hot so it will melt and dissolve the honey. Sip and enjoy!

IMPORTANT INFO & TIPS

It is especially important that you exfoliate your skin in order to see any results from using this skin whitening tea or any skin whitening product period. Please use my Saliclear to exfoliate your body, and Tretinoin Gel 0.1% to exfoliate your face. You can boost the skin whitening results of this tea if you take MSM and the skin whitening pills listed in the articles below.

- MSM Skin Whitening: <http://x420.tv/msmwhitening>
- Best Skin Whitening Pills: <http://x420.tv/skinwhiteningpills>
- Chemical Peels: <http://x420.tv/chempeel>