

## HealthWatch: Caffeine & Your Skin

Caffeinated Creams With Antioxidants Thought To Make Skin Look Younger By Renewing Cells Damaged By Sun



Reporting  
[Dr. Holly Phillips](#)

NEW YORK (CBS) — It's quite the norm to have a cup of coffee to boost your mood and get you going in the morning. But did you know caffeine can do the same thing for your skin?

Many of us just can't live without that daily caffeine boost. And now beauty regimens are getting a java jolt too. A growing number of products are energizing the skin with caffeine.

"I'm hoping to lighten up the dark circles, and to tone down some of the redness around my mouth



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If you thought caffeine was only good in the morning to get you going or for a quick jolt later in the day, think again. It's actually good for your skin as well.

especially (touches problem areas)," Lisa Nizzari said.

According to dermatologist Dr. Ariel Ostad said Nizzari is the perfect patient for caffeine.

"It's a vasoconstrictor, so mainly when it's applied topically it just reduces blood flow to the area," Ostad said. "So at that point mainly it helps to reduce redness. It helps to really get rid of puffiness or dark circles under the eyes."

Ostad said it can also help her other complaint -- cellulite.

"Well sometimes, in the summer especially, you can see it through clothing. It's a little embarrassing," Nizzari said.

"The cellulite, which women hate, which is that lumpy, bumpy skin on the outer thighs, basically can be improved by applying products that contain topical caffeine," Ostad said. "It primarily works by dehydrating those fat cells, which means that it shrinks those fat cells temporarily and therefore the skin is smoother."

Coffee is full of healthy antioxidants, so the caffeinated creams made with it are thought to make the skin look younger by renewing cells damaged by the sun.

"And this is a great, after sun lotion. It contains coffee and certainly smells really good," Ostad said.

The products range from inexpensive drugstore finds to the several hundred dollar prescription creams. And unless you have a specific allergy, they're safe.

"You certainly cannot overdose in applying too much caffeine onto your skin, so there's really no harm in putting too much caffeine," Ostad said.

Tea bags are a fast and inexpensive source of caffeine. Some dermatologists recommend placing warm black tea bags on tired eyes for 20 minutes in the morning to get rid of puffiness and revitalize the skin.

Even though caffeine products are beautifying in cream form, doctors say drinking too many caffeinated beverages may dehydrate the skin, leaving it dull and flaky.

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