Pomegranate vs. Green Tea - An Antioxidant Comparison Presented by Beauty Research

Beauty Research, a beauty blogging web site, published an article today discussing antioxidants.

Newport Beach, CA (PRWEB) April 09, 2014 -- Both nutritional and beauty news stories often feature new findings about antioxidants, a type of nutrient found in many plants. Two antioxidant-rich plants that have been widely studied by scientists are pomegranates and green tea leaves. Due to their high concentration of antioxidants, both pomegranate and green tea are used in a variety of recipes and skin care products. The latest article by BeautyResearch.com, Pomegranate vs. Green Tea - An Antioxidant Comparison, discusses the antioxidant content of these two ingredients, examining their nutritional and beauty benefits.

The anti-aging benefits of antioxidants have been widely studied with very promising results. What is the link between antioxidants and anti-aging skin care routines and diets? How exactly do antioxidants benefit the body? Why is there such an interest in antioxidants among scientists, beauty experts and everyday women? To find out, visit BeautyResearch.com or click http://beautyresearch.com/blogs/beauty-research/archive/2014/04/09/pomegranate-vs-green-tea-an-antioxidant-comparison.aspx

Both pomegranates and green tea have been proven to be high in antioxidants. Exactly how concentrated are the antioxidants in green tea and pomegranate? Which super food contains more antioxidants per serving? Are all varieties of green tea leaves and all pomegranates the same when it comes to their antioxidant contents? To find out, visit BeautyResearch.com or click http://beautyresearch.com/blogs/beauty-research/archive/2014/04/09/pomegranate-vs-green-tea-an-antioxidant-comparison.aspx

Pomegranate and green tea can benefit the body when consumed as a part of a woman's diet, and there are many ways that both foods can be enjoyed. What is the secret to enjoying pomegranate and green tea as healthy drinks? Are there other ways to add green tea to the diet beyond drinking hot or cold steeped tea, and if so what are they? How can women eat more pomegranate on a regular basis? To find out, visit BeautyResearch.com or click http://beautyresearch.com/blogs/beauty-research/archive/2014/04/09/pomegranate-vs-green-tea-an-antioxidant-comparison.aspx

Both pomegranate and green tea have benefits for the skin when used topically in skin care products. What types of products most commonly contain green tea and pomegranate extracts? How can pomegranate benefit the skin? Why is green tea added to beauty products? To find out, visit BeautyResearch.com or click http://beautyresearch.com/blogs/beauty-research/archive/2014/04/09/pomegranate-vs-green-tea-an-antioxidant-comparison.aspx

See also:
"Shirt Dresses - Classic, Crisp and Elegant"


Shirt dresses are short to mid-length cotton or mixed fiber dresses that have cuffed sleeves, buttons down the front and a traditional fold-down collar. A very popular look on the runways for Spring 2014, shirt dresses never truly fade from fashion, making them a great investment for a woman's wardrobe. Still, many women who buy shirt dresses are not sure how to get the most wear out of them and simply style them the same way every time that they wear them. Get inspiration for creating new looks with a shirt dress. Discover ways to accessorize the shirt dress to change its look dramatically. Find out how to layer a shirt dress with different pieces to create new looks.

"Skin Care and Men - The Biggest Concerns"


Men are prone to just as many skin imperfections as women, but often, they struggle to find solutions to their problems. While there are many products that are now available to help men address skin care concerns, many guys lack knowledge in the causes of skin care concerns. Because of this, they may not know what to look for in men's skin care formulas to get best results. Learn what the four biggest skin care concerns are among men. Discover the root causes of these concerns and why men may struggle to address them. Get easy to follow skin care tips and read about specific products that can help men overcome each of the concerns.

"Spring Beauty Routine - Seasonal Skin Care Adjustments"


Winter weather can be very hard on the complexion, regardless of a woman's skin type. As the weather begins to shift with the coming of spring, the needs of the complexion change greatly, and as a result, women often benefit from modifying their beauty routines. By adding new products to their regimens or switching to different types of formulas for warmer weather, women can help their complexions recover from the effects of winter and look and feel their best throughout spring and summer. Get tips on customizing a skin care regimen for spring. Find out how women can address post-winter roughness and dryness of the complexion and the lip tissue. Learn what women must do to protect their skin throughout the spring.

About Beauty Research

Beauty Research is a beauty blogging web site started by two experienced skin care enthusiasts wishing to share tips and suggestions. The blog includes all kinds of articles related to celebrities, fashion, women's health and diet. For more information, visit http://www.beautyresearch.com.
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