



# 21 Uses for Tea Tree Oil

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Tea tree oil comes from the *Melaleuca* tree, originally found in Australia and has been used by indigenous people for millennia. As an essential oil, the most concentrated healing oil of any medicinal plant Tea Tree oil has a plethora of uses. Its healing benefits include everything from anti-bacteria and analgesic to antiseptic and anti-tumor and beyond.

All good quality essential oil are *extremely* concentrated and can burn skin with direct application, they tend to be drying with prolonged use, and to avoid skin irritation may be used by drops into an organic carrier oil such as extra virgin olive oil, and cold pressed almond oil, jojoba or hemp oils, apricot kernel oil, sunflower or safflower oils, grapeseed, and avocado or coconut oils. For conditions that are red, hot, dry, or itchy try apricot kernel, coconut, almond, jojoba, or hemp oils. For conditions that are injured, lacerated, scraped, burned, or infected try olive oil, sunflower or safflower, grapeseed, or avocado oils.

Here is just a sampling of Tea Tree Oil's uses and applications:

1. Helps clear acne. Add 10 drops to 2 ounces of witch hazel astringent and swab face with a bit of the mixture on a cotton pad twice daily.
2. Heals dandruff. Add 10 drops to your shampoo bottle.
3. Soothe an itchy insect bite. Apply 1-2 drops directly to bite, and follow with a dab of coconut oil. Repeat as needed.
4. DIY make up remover: Mix  $\frac{1}{4}$  cup of organic jojoba with 10 drops of tea tree oil, and apply a few drops onto cotton pad to swab on skin. Rinse with water afterwards.
5. Helps heal sunburns. Add 10 drops to 1 oz. coconut oil and rub into burned areas. Repeat as needed.
6. Combat smelly shoes by adding a few drops to the inside if shoes.
7. A natural anti-inflammatory and antiseptic, tea tree oil heals skin infections and cuts. Add a few drops to apricot kernel oil

8. Relieves itchy skin from a rash or allergic reaction. Add 10-20 drops to a tablespoon of coconut or almond oil and run over affected area.
9. DIY all-purpose cleaner: Fill a spray bottle with 1-2 tsp. of tea tree oil and the rest of the bottle with distilled water.
10. Keep fleas away from your pets by adding a few drops to their bed or crate.
11. Remove a tick by applying topically to skin.
12. Use tea tree oil to treat Athlete's foot and heal foot fungus as well. Add 10 drops to 1 Tbsp of your favorite carrier oil and rub into feet at night, and cover with cotton or wool socks for sleep-time therapy.
13. Has been found as an effective treatment for chicken pox. Blend a few drops with organic extra virgin olive oil and apply with an organic cotton ball.
14. Treat psoriasis by using extra virgin olive oil as the carrier oil, add a few drops of tea tree oil and rub directly onto skin.
15. Relieves sinus infection when a few drops are added to a humidifier.
16. Add 10-12 drops tea tree oil to your washing machine to kill pathogens or parasites.
17. Mix 1 cup of baking soda with 12 drops of tea tree oil to freshen carpet after vacuuming.
18. Treat a yeast infection by combining 6 drop of both lavender and tea tree oil with 1 cup of distilled water. Apply to infected area with an organic cotton ball.
19. Makes a great underarm deodorant. Combine in a Mason jar 1 part baking soda to 1 part cornstarch add 12 drop of tea tree oil to make your own deodorant powder.
20. Keep pests and ants away by wiping surfaces with an oil and water solution.
21. Freshen and cleanse household and car air filters. Fill an 8 oz, spray bottle with distilled or structured water, add 10-15 drops tea tree oil, and spray onto filter surface.

**Tea tree oil is toxic when swallowed, so don't use this to treat oral infections.**