

# Tea Tree Oil

## First Aid Kit in a bottle

## Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

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**What is tea tree oil good for?** So many things that it is a virtual first aid kit in a bottle! Australians value it so highly that tree cutters in World War II were exempt from service so they could supply Army and Navy first aid with it. Look at some of its uses....

- Fights fungal infections like athlete's foot, thrush, candida albicans and jock itch.
- Acts as a penetrating antiseptic killing many kinds of bacteria.
- Helps prevent infection and aids healing of minor cuts, wounds and abrasions.
- Acts as a local anesthetic to relieve minor burns, scalds, sunburns, insect bites and chicken pox.
- Acts as a pus solvent. The oil's antiseptic features increase 10-12% in the presence of pus.
- Relieves muscle aches, arthritis and sprains. Massage in oil or add a few drops to a hot bath.
- Effective as a mouthwash for gingivitis, halitosis, plaque and pyorrhea. The Australian Journal of Dentistry reported that Tea Tree Oil is an extremely effective antiseptic. They use the oil to sterilize cavities before drilling. It is also beneficial for cold sores and fever blisters.
- Apply externally to help kill head lice. Dab on leaches/ ticks to kill the parasites & calm the bite.
- Add pure oil to a steam bath or rub on nose, sinuses and chest to relieve respiratory issues.
- \*\*Dab on boils and carbuncles.
- \*\*Soak infected fingernails or toenails in oil five minutes, twice daily, massaging the solution into the nailbed.
- Add to purified water for a cleansing, soothing vaginal douche.
- \*\*Dab on pimples and acne 3 times per day or add 3-6 drops of pure oil to warm water and rinse affected area.
- To relieve smelly feet, add 5-10 drops of oil to a warm footbath. Soak nightly for five minutes.
- To loosen cradle cap, mix 5 drops of Tea Tree Oil with olive oil, rub into scalp, leave on for 5 minutes, then wash and rinse. Keep away from baby's eyes. Add a few drops to bath water to relieve diaper rash.
- To relieve sore throat, add six drops to warm water and gargle.
- Add to your pet's bath to kill fleas. In between baths, put 10-20 drops of oil on a moist sponge and wipe your pet's coat.
- Dab on warts (including plantar warts) and corns at least three times a day until you see results.
- Add a few drops to laundry to disinfect when cleaning diapers or socks worn by someone with athlete's foot, and to towels and linens after someone in the family has been sick.

**\*\*CAUTION: Extremely sensitive skin may need dilutions of the pure oil.**

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Help Your Body Stay Healthy with Natural Remedies.*

