

Tea Tree Oil

First Aid Kit In a Bottle

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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- apply topically; add a few drops to laundry to disinfect when cleaning clothing worn by someone with fungus.
- Acts as a penetrating antiseptic killing many kinds of bacteria, used in laundry for towels and linens after someone in the family has been sick.
- Helps prevent infection and aids healing of minor cuts, wounds and abrasions-apply topically.
- Acts as a local anesthetic to relieve minor burns, 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.
- Dental - effective as a mouthwash for gingivitis, halitosis, plaque & 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 & fever blisters.
- Head lice- see head lice pdf; Dab on leeches/ ticks to kill the parasites & calm the bite.
- Sinus - Add pure oil to a steam bath or rub on nose and chest to relieve respiratory issues.
- Nail fungus -soak infected fingernails or toenails with oil for at least five minutes, twice daily, massaging the solution into the nailbed.
- Vaginal douche- add 12 drops to 1 cup purified water for a cleansing, soothing vaginal douche.
- Acne -dab on pimples/skin 3 times per day or add 3-6 drops of pure oil to warm water and rinse affected area.
- Smelly feet- add 5-10 drops of oil to a warm footbath. Soak nightly for five minutes.
- 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.
- Diaper rash- Add a few drops to bath water or dilute in coconut oil and apply topically.
- Sore throat- add six drops to warm water and gargle.
- Fleas- Add to your pet's bath;
in-between baths, put 10-20 drops of oil on a moist sponge and wipe your pet's coat.
- Warts (including plantar warts) and corns - apply at least three times a day until you see results.

****CAUTION: Sensitive skin may need dilutions of the pure oil, avoid eye contact.**

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.



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