

# Tea Tree Essentials

USES FOR AUSTRALIAN TEA TREE OIL



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First of all, we at Emmi's Essentials want to thank you for purchasing our 100% Pure Australian Tea Tree Oil.

Tea tree oil is an amazing product. And, we know from experience that you will soon be telling all your friends and family about the health benefits from using tea tree oil, and how easy it is to add tea tree oil into a healthy way of living.

Our customers are our top priority, so if you have any questions or concerns, please do not hesitate to contact us. You can:

-email us at [info@EmmisEssentials.com](mailto:info@EmmisEssentials.com)



And if you love our Tea Tree Oil, we would greatly appreciate your feedback on our Amazon listing. You can do that by clicking the link below:

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~Thanks again, and enjoy learning about all the things Tea Tree Oil can do for you!~

*Your Friends at Emmi's Essentials*



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## Chapter One: Tea Tree Oil History

### What is Tea Tree Oil

For centuries, essential oils have been used all over the world to treat a variety of ailments. Way before taking a pill became the norm, natural products were the medicine of choice. Similarly, folks didn't used to have chemicals readily available to clean a shower with "scrubbing bubbles", or sanitize their floors via a cleaner with a "fresh pine scent". They had to be creative, and use those tried and true products we have gotten away from.

Luckily, there has been a swing back towards the natural way to maintain a healthy home and lifestyle. People want alternatives to simply popping a pill or spraying some noxious cleaner. And if you are looking for one product that does it all...look no further than Tea Tree Oil (TTO).



Never heard of it? Well, funnily enough, neither had I. So, what exactly is it?

Tea tree oil is an essential oil that comes from an Australian plant named *Melaleuca alternifolia* which is native to the Northern New South Wales region. It is extracted through steam distillation from the leaves and twigs of the Tea Tree.



Tea Tree has long been used by the aboriginal people in Australia and is named for their use of the tree as an herbal tea. They would also use the tea tree oil on burns, skin infections, and cuts. To do this, the people would crush the tea tree leaves and apply the tea tree oil wherever it was needed.

Around 1770, Captain James Cook, of the British ship H.M.S. Endeavor, landed at Botany Bay Australia (near modern day Sydney). He traveled through the coastal regions of New South Wales. On this trek, he and his crew took notice of massive groves of trees containing sticky, aromatic leaves. Curious about the trees, natives explained about the power of the trees and how they used the leaves to heal.

As Australia became more populated, using tea tree oil as medicine spread amongst the settlers and it became a well-known treatment for those suffering with a whole host of health issues.

Fast forward 150 years. While tea tree oil was used as a medical treatment for cuts and many other injuries, no real scientific study on the "claims" of its healing properties was documented.

In 1923, an Australian doctor, Dr. Penfold, studied the leaves from tea trees, and discovered that the essential oils were 13 times stronger than carbolic acid and antiseptic bactericide. Scientific tests were done in Sydney and London. The test claimed that tea tree oil was the "near perfect antiseptic".

During World War II, Australian soldiers were suffering from a stubborn outbreak of foot fungus that could not be contained. Tea tree oil was coated on the feet of the Australian soldiers and within days, the fungus was eradicated. From then on, it was put into Australian soldier's first aid kits.

Once Penicillin was invented in 1928, tea tree oil was virtually forgotten about as a healing agent. People began taking a pill to cure what ailed them. Also, loads of chemically-laden disinfectants and cleaners were introduced throughout the decades to aid in cleaning your home. So, no one ever thought about using tea tree oil to clean.



However, in the 1970s and 80s, a holistic movement emerged and tea tree oil was discovered again. Tea tree plantations were established and today, tea tree oil has become increasingly popular as it is way better for overall health compared to many other drugs. Now, we use tea tree oil to treat everything from dry skin to bug bites.

To find out the many uses for this amazing essential oil, read on!





## Chapter Two: Uses

### Acne

You remember being a teenager, suffering from acne, right? It was embarrassing and made you self-conscious of your appearance. And you probably thought it was something that would end when you hit your 20s.

Unfortunately, adult acne seems to be on the rise. People, especially women, seem to still be struggling with acne well into their 20s, 30s, 40s, and beyond.

What have you used to try and treat your acne? Benzoyl Peroxide? Salicylic Acid? Many of the acne products on the market today contain harsh chemicals and can dry out your skin. This is where tea tree oil can be a powerful tool.

Used properly, tea tree oil is a successful agent in killing the bacteria that causes acne. But without having to use those harsh chemicals on your skin.

- For normal skin, combine 3 drops of Tea Tree Oil to 1 tablespoon distilled water.
- For sensitive skin, dilute with 1 tablespoon aloe vera gel or with 1 tablespoon of carrier oil.

Wash your face with a gentle cleanser and dry. Place the mixture on a cotton ball and apply a light layer over your skin. Repeat at morning and night. If you don't have an adverse reaction, you can slowly add more Tea Tree Oil to the mixture.

For a spot treatment, gently dab onto trouble spots by using a drop or 2 of pure oil on a damp cotton ball or cotton swab. Leave on for a few hours or overnight.

Be careful to not overuse it; it can cause drying if used too much or if you have sensitive skin. Keep away from eyes and mouth.



## **Air Freshener**

Does that fresh-smelling scent in your air freshener contain toxic chemicals? The answer to that question is

...more than likely.

The Natural Resources Defense Council (NRDC), one of the United States' most effective environmental action groups, recently tested 14 air fresheners. They tested aerosols, liquids, and solid fresheners. Of those 14, 12 contained a chemical named phthalates. Phthalates (pronounced "THAL-ates") can cause hormonal abnormalities, birth defects, and reproductive issues. Yikes!

So before you spray toxic chemicals, why not try some of our tea tree oil alternatives.

A really quick recipe is to:

Mix 1 teaspoon of TTO with 1 cup of water. Add to a spray bottle and voila! You can also add lavender or lemon tea tree oil to this mixture to make an easy-peasy bathroom spray.

For a more complex, amazing smelling spray:

Fill a pump-spray bottle with 500ml of distilled water then add the following essential oils:

- 5 drops Cinnamon essential oil
- 5 drops Eucalyptus essential oil
- 5 drops Lemon essential oil
- 5 drops Sage essential oil
- 5 drops Thyme essential oil
- 10 drops Bergamot essential oil
- 10 drops Citronella essential oil
- 10 drops Lavender essential oil
- 10 drops Tea Tree essential oil

Shake this mixture well before each use. Spray every day to keep your bathroom smelling fresh and clean.



## All-Purpose Cleaner

The first place I ever heard of Tea Tree Oil was while watching a cleaning show. I remember thinking, "What is she saying? Tea Tree Oil? What the heck is that?" The host of that show happened to be Australian. And it is a well-known product there. Me, being in the U.S., I had no clue what she was talking about!

Because it is so effective at eliminating bacteria, it is a vital ingredient in many cleaners and disinfectants. A very simple All-Purpose Cleaner is located below (as well is in our recipes section).

Fill a spray bottle with ½ cup white vinegar, 2 cups of hot water, and 10 to 20 drops of Tea Tree Oil. Spray on counter tops, or on items such as toys, door knobs, and handles to disinfect. Let sit for 10 minutes, then wipe clean with a cleaning cloth or paper towel.

This solution can be used to disinfect surfaces all around your house. For example:

- doorknobs,
- staircases,
- light switches,
- toilet and faucet handles,
- and phone receivers.

I recommend spraying the solution on a cloth first to avoid over-spraying onto food, dishes, or containers. Remember, tea tree oil is very concentrated, and ingesting tea tree oil, in even small amounts, can be extremely harmful.



## **Aromatherapy**

Tea tree oil has a strong odor that isn't for everyone. It definitely smells like a cross between eucalyptus and tree bark. Not the first thing you think of wanting to smell. However, the payoff from using this essential oil for health benefits is massive.

So, to use as aromatherapy, simply add 2-3 drops of tea tree oil to a diffuser and breathe in all of the goodness of tea tree oil: antiviral, antibacterial, and antifungal properties to encourage healing, clear your lungs and sinuses, and stimulate your immune system!



## **Athlete's Foot**

If you've never had athlete's foot, consider yourself lucky. It is itchy...it burns...and it stings. Typically, people develop a rash in between their toes and on their feet that is dry, flaky, red and scaly. Left untreated, you will be downright miserable!

Athlete's foot (which is a form of ringworm) is a fungal infection caused by a fungus named Trichophyton. This type of fungus exists harmlessly on the human skin until the right conditions cause it to thrive (i.e. a warm, moist area). As long as your skin is clean and dry, the fungi does not reproduce rapidly.

However, if you wear tight shoes that squeeze your toes together, you are creating a habitat ripe for athlete's foot. This is why it is easy to catch the infection by walking around in shower or pool surfaces. The infection is highly contagious and can spread to your feet. And once infected, other parts of your body can be infected if you don't wash your hands after touching the affected area.

So, here is where tea tree oil can come to your rescue once again with its anti-fungal properties. To treat:

Wash feet with water and soap, then dry.

Combine 3 drops of Tea Tree Oil to 1 tablespoon distilled water, place mixture on a cotton ball, and wipe mixture on the affected area.

Let your feet dry completely before putting shoes or socks back on.

Always, always, always wash your towels after drying your feet to avoid contaminating any other part of your body. Do NOT reuse the towel.



TIPS to AVOID Athlete's Foot:

- Let your feet breathe as much as you can by taking off socks and shoes after doing sports or exercise.
- Wear loose-fitting shoes that are well-ventilated.
- Wear natural fiber socks made from cotton or wool and change them a lot.
- Wear sandals or flip-flops in public showers, pools, locker rooms, and dorms.
- Don't share footwear.
- Never share towels.



## **Blisters**

If you are a fashionista, new shoes are the bees knees. But sometimes, we forsake comfort for cuteness. The outcome from wearing cute over comfort can be a nasty blister.

Actually, anywhere you have a lot of friction on the skin can cause a blister. And blisters hurt!

Here is how tea tree oil can help.

Simply wash the area around the blister thoroughly, and put our standard dilution mixture of 3 drops of Tea Tree Oil to 1 tablespoon distilled water on a cotton ball and treat the area. Voila! Relief on the way.

## **Boils**

A boil is a skin infection which begins in an oil gland or hair follicle. You may notice the area begins to turn red and a painful lump develops. Eventually, after a few days, the lump will turn white and pus will collect. Most people develop them on the face, neck, shoulders, armpits, and buttocks.

Yeah, boils are no fun!

You can bombard the boil with this solution for treatment.

Use one cup of warm water and add 5 drops of tea tree oil. Wash the area around the boil. Then, put a standard dilution mixture of 3 drops of Tea Tree Oil to 1 tablespoon distilled water on a gauze pad and tape to the boil for about twelve hours.

You should notice a reduction in the size of the boil. Keep up this treatment until the boil dissipates.

## Bug Bites and Stings

Beautiful summer nights lead to not-so-beautiful bug bites. The mosquitoes alone in our neck of the woods could carry away a small child!

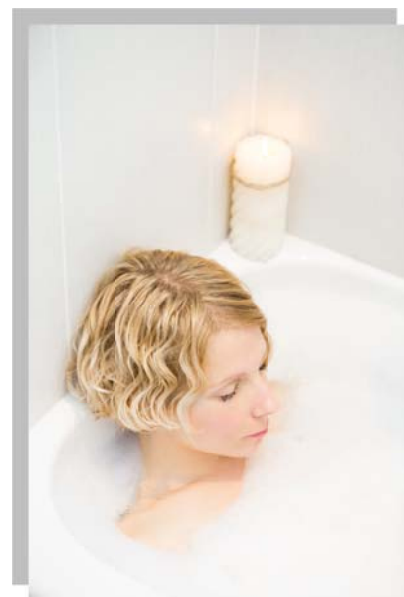
And we all know how miserable you are scratching at bug bites. I have sometimes scratched until I bleed!

As with other uses, bug bites and stings can be treated by combining 3 drops of Tea Tree Oil to 1 tablespoon distilled water, place mixture on a cotton ball, and treat the affected area. The treatment will quickly stop the itch and reduce swelling. Apply a few times a day as needed.

## Colds

Colds can be a real drag. Stuffed up noses and chest congestion makes for a miserable experience. A lot of times, if we don't nip the cold in the bud, we will end up with sinus infections, ear infections, and even worse, bronchitis or pneumonia! At this point, you are forced to go to the doctor to get an antibiotic to clear up the infections.

Why not catch the cold early by trying this method!



Because it kills bacteria, simply add 2-3 drops of tea tree oil to a hot bath and relax for 20 minutes. This aromatherapy technique will help clear your sinuses. As you breathe in the vapor, the tea tree oil will enter your body and help to fight off any bacteria hanging around. The aborigines of Australia used a similar technique when they would inhale the smell of crushed tea tree leaves.





## **Corns and Calluses**

Corns and calluses show up as hard, thick areas of skin and are caused by excessive pressure or friction. For example, tennis players may get a callus on their hands. Or wearing an ill-fitting shoe may give you a corn on your foot.

Calluses usually form on your feet and hands.

Corns form primarily on your feet, in between your toes, or on top of your toes. They tend to have an inner core that can be hard or soft.

Both may be ugly, but not life threatening!

Did you know you can soak your corns or calluses in a mixture of tea tree oil to soften them up?

Take one teaspoon of tea tree oil, two tablespoons of Epsom salts, and mix with six cups of hot water. If you like, you can also add a teaspoon of apple cider vinegar or lemon juice. Soak your feet for 5 minutes three times a day.

## **Cuts**

As you may remember reading earlier, During World War II, Australian soldiers kept tea tree oil in their first aid kits to treat athlete's foot. But they probably used it to treat cuts and scrapes as well. And, so can you!

Its antiseptic and antibacterial properties will sanitize a cut quickly and promote healing.

Just put the standard dilution mixture of 3 drops of Tea Tree Oil to 1 tablespoon distilled water on a cotton ball and apply to the cut or scrape. Leave the wound uncovered if possible. If treating a child, cover with a band aid to make sure they do not touch the oil and transfer it to their mouth.

## **Dandruff**

Let's face it. Dandruff flakes on your clothes are embarrassing. And the condition itself is itchy.

Dandruff can be caused by a variety of factors which include dry skin, psoriasis, eczema, and some others. Researchers have found that the use of 5% Tea Tree Shampoo significantly reduces dandruff symptoms.



Now, you can use a specialty shampoo that has tea tree oil blended in; or, you can easily add a few drops of tea tree essential oil to your regular shampoo.

Pour your shampoo into your palm, and add two drops of tea tree oil into the shampoo. Massage into your scalp and leave in for 3 to 4 minutes before rinsing.

You may notice this mixture tingles a bit. If it starts to burn, rinse it immediately and use more shampoo in the mixture. Remember not to get into your eyes or mouth!

## **Dry Skin**

We have some horrific winters in the Midwest. You have your heat cranked up just to take the edge off the chill. So, along with that heat, you can almost guarantee your skin will start to dry up like a raisin.

As with dry skin associated with dandruff, tea tree oil can be used as a moisturizer as well. You can add a few drops to a carrier oil or even aloe vera. If you have a favorite lotion, you can add 2-3 drops and mix well before applying to skin.

## **Gum Remover**

Here is an oddball use for tea tree oil...gum remover!

Ugh...gum! Stepping in it, sitting on it...just makes a gooey mess.



If you sit in gum, get it on your shoe, or drop it on your car upholstery, put on some rubber gloves and pour the tea tree oil full strength onto a piece of cloth. Dab the gum area for a few minutes. Eventually, rub a little harder to loosen the gum.

The gum should dissolve gradually at which point you can throw garments in the washer on whatever cycle and temperature you wash them.

For upholstery, at the point the gum dissolves, take whatever upholstery cleaner you normally use and clean as directed on cleaner instructions.

## **Ingrown Hairs**

If you shave, you have probably had an ingrown hair. This is a condition where a hair curls back or grows sideways into your skin. Ingrown hairs may or may not be accompanied by an infection of a single hair follicle (folliculitis). This condition resembles a boil and is a big, red, infected bump which probably contains pus.

Another type of ingrown hair includes razor bumps (pseudofolliculitis barbae) which I get all the time after shaving. These are downright annoying in the summer when sporting around in shorts, because it looks like you have a rash.



Tea tree oil can easily be used to help prevent ingrown hairs. After shaving, add a few drops of tea tree oil to aloe vera and massage into areas freshly shaved.

## **Insect Repellent**

A great way to avoid being bitten by bugs is to add a few drops of oil to a carrier oil like coconut oil and rub onto skin exposed to insects.

However, if you want to repel insects from entering your home, try this!

Add 12 drops of tea tree oil and a pint of water to a misting spray bottle. Shake up and spray to any areas of your home where bugs are discovered.

## **Laundry**

Do you ever put laundry in the washer and forget it is there? It leads to a nasty, musty smelling load when you finally do remember! Well, tea tree oil can come to your aid.

Simply dab a few drops onto a laundry softener sheet and throw the whole thing in the dryer. The musty smell will dissipate, and you will be left with a fresh smelling load.

Also, to give your laundry a wonderfully fresh scent, simply add about 1/2 a teaspoon to your washer as the water is filling up. Your clothes and linens will come out smelling amazing.





## **Mildew and Mold**

The All-Purpose Cleaner recipe can also be used to spray on anything that is beginning to smell "mildewy". Simply spray and wait for a couple of days. You will notice that the smell has disappeared.

Similarly, you can use this spray to kill mold. Just spray the areas you want to treat and let it sit. You may notice that the stain the mold has made may not disappear, but the mold will no longer be able to grow, and the active mold will die off.

Do you ever spray a bathroom cleaner and wish you hadn't? It makes your eyes water and breathing difficult. And you wonder if you just took a few years off your life by breathing it in?

This solution is great to use in showers, toilets and other moist areas. Our All-Purpose Cleaner recipe will practically disinfect your entire bathroom. And you can completely avoid all the dangerous fumes and chemicals associated with manufactured sprays.

Fill a spray bottle with ½ cup white vinegar, 2 cups of hot water, and 10 to 20 drops of Tea Tree Oil. Spray on counter tops, showers, door knobs, and sink and toilet handles to disinfect. Let sit for 10 minutes, then wipe clean with a cleaning cloth or paper towel.

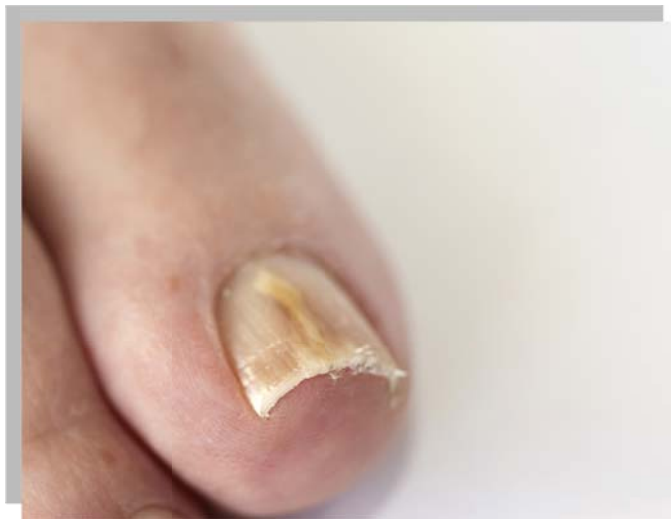
## **Nail Fungus**

You may have, or known someone who has nail fungus. This condition is stubborn, and hard to treat. The most common symptom is a thick, discolored nail that can appear to be white, black, yellow or green.

Like athlete's foot, it is caused by a fungus that thrives in moist, warm areas like locker rooms, showers, and pools.

To treat the fungus, trim your nail back as far as you can stand. And apply 100% undiluted tea tree oil to a cotton ball. Make sure you get under the tip of the nail as well as on top of the nail. Repeat this at least three times a day.

This treatment requires much patience. It may take several months to clear. But with persistence, you should see results!





## **Psoriasis**

Psoriasis is a skin disease that causes scaling and inflamed, red skin patches. With this condition, skin cells reproduce too rapidly. Erroneous signals in the immune system tell new skin cells to form in days rather than weeks. Since the body does not shed the excess skin cells quickly enough, the cells pile up and form lesions.

When psoriasis flares up, the skin can crack and bleed and cause itching and pain.

Tea tree oil can help.

Make a bath mixture of 5 drops of tea tree oil, 10 drops of jojoba oil, and 1 cup of sea salt. Dissolve into your bath and soak.

## **Ringworm**

Ringworm actually isn't a worm at all. It is another type of fungal skin infection. And like athlete's foot and nail fungus...easily treatable with the help of tea tree oil.

You become infected with ringworm in much the same way you do other fungal skin and nail infections. That is, when you come into contact with other surfaces that have been contaminated with the fungus (locker room floors, pool decks, public showers, etc.)

To treat:

Combine 3 drops of Tea Tree Oil to 1 tablespoon distilled water, place mixture on a cotton ball, and apply to the affected area.

Let area dry completely.





Repeat treatment three times per day.



## **Sinus Infection**

Anyone suffering from allergies always are at risk for the dreaded sinus infection. Yellow and green goo stuffing up your head, leaving you with a monster headache and making it difficult to breathe. Often, you will end up at the doctor begging for an antibiotic. In the meantime, try this tea tree oil treatment for some fast relief.

Boil some water and add to a good-sized bowl. Add 2-3 drops of tea tree oil to the bowl and drape a towel over your head while inhaling the fumes for about 5 minutes. Inhaling the vapors loosens up the mucus and relieves the pressure and headache pain.

Do this treatment twice a day, once when you wake up and once before you go to bed.

## **Sunburn**

No one gets through the summer without at least one wicked sunburn. Most people know to grab the aloe vera to help relieve the irritation from a sunburn. But I suggest you add some tea tree oil to the aloe vera for an extra boost of healing power.

All you need to do is mix a few drops with some aloe vera gel and apply to the affected areas. The aloe vera will moisturize and the tea tree oil will help to repair your skin.

## Chapter Three: Recipes Quick Reference

### Air Freshener Spray

Fill a pump-spray bottle with 500ml of distilled water then add the following essential oils:

- 5 drops Cinnamon essential oil
- 5 drops Eucalyptus essential oil
- 5 drops Lemon essential oil
- 5 drops Sage essential oil
- 5 drops Thyme essential oil
- 10 drops Bergamot essential oil
- 10 drops Citronella essential oil
- 10 drops Lavender essential oil
- 10 drops Tea Tree essential oil

Shake this mixture well before each use. Spray every day to keep your bathroom smelling fresh and clean.

### All-Purpose Cleaner

Fill a spray bottle with ½ cup white vinegar, 2 cups of hot water, and 10 to 20 drops of Tea Tree Oil. Spray on counter tops, or on items such as toys, door knobs, and handles to disinfect. Let sit for 10 minutes, then wipe clean with a cleaning cloth or paper towel.

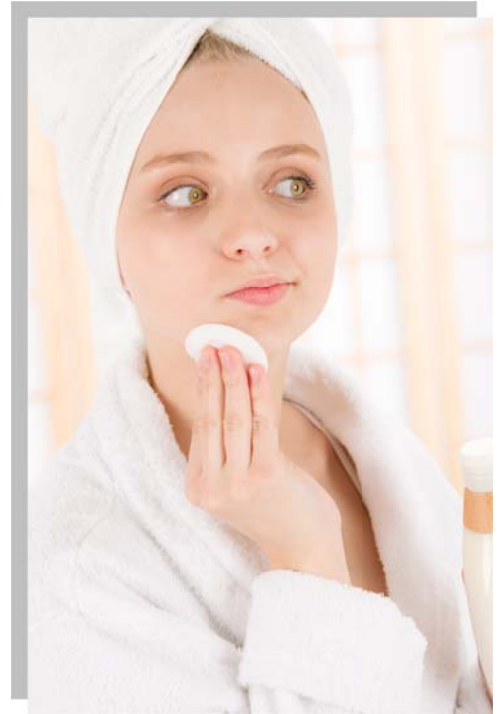


## Acne Buster

For normal skin, combine 3 drops of Tea Tree Oil to 1 tablespoon distilled water.

For sensitive skin, dilute with 1 tablespoon aloe vera gel or with 1 tablespoon of carrier oil.

Wash your face with a gentle cleanser and dry. Place the mixture on a cotton ball and apply a light layer over your skin. Repeat at morning and night. If you don't have an adverse reaction, you can slowly add more Tea Tree Oil to the mixture.



For a spot treatment, gently dab onto trouble spots by using pure oil on a damp cotton ball or cotton swab. Leave on for a few hours or overnight.

Be careful to not overuse it; it can cause drying if used too much or if you have sensitive skin.

Keep away from eyes and mouth.

## Creamy Soft Scrub

- 2 cups baking soda
- ½ cup liquid castile soap
- 4 teaspoons vegetable glycerin (acts as a preservative)
- 5 drops antibacterial essential oil such as lavender, tea tree, or rosemary.

For exceptionally tough jobs spray with vinegar first, let sit, and follow with above scrub mixture.



## **Face Mask**

Add a few drops to either store bought or home-made face masks to dry out pimples and kill bacteria.

To make a home-made face mask:

- Take 2 tbsp. of green clay powder and add 3-4 drops of tea tree oil.
- Mix well.
- Add water to form a paste and apply it evenly over your face and neck area.
- Leave on for 20 minutes.
- Rinse with lukewarm water and pat dry.

## **Insect Repellent Spray**

Add 12 drops of tea tree oil and a pint of water to a misting spray bottle. Shake up and spray to any areas of your home where bugs are discovered.



## **Lavender and Tea Tree Cleaner**

Mix all ingredients together and stir until dry ingredients dissolve. Pour into spray bottle for long-term storage and use. Spray as needed on any surface except glass. Scrub and rinse with a clean damp, cloth.

- 1 t. borax
- 2 T. white vinegar
- 2 c. hot water
- 1/4 t. Lavender essential oil
- 3 drops Tea Tree essential oil

## **Mold Remover**

Fill a spray bottle with 2 cups of hot water and 10 drops of Tea Tree Oil. Spray directly on moldy areas. Do not wipe or rinse.

## **Toe Fungus Remover**

Apply 1 or 2 drops of Tea Tree Oil directly to infected nail up twice daily. For sensitivity to direct application, dilute the oil in bath of warm water and soak nails for 15 to 20 minutes.

The nail has to completely grow out for the fungus to be eliminated which could take 3 to 6 months or longer.



## **Spider Spray**

1. Fill a 4oz spray bottle ½ full with distilled or boiled water
2. Add 1.5 oz of witch hazel
3. Add 30 drops Citronella essential oil
4. Add 25 drops Peppermint essential oil
5. Add 15 drops Tea Tree essential oil
6. Shake well.
7. Spray on skin and/or clothing, avoiding eyes.
8. Shake well and reapply as needed.
9. Store in a dark bottle in a dark, dry place.

Household ants and other pests dislike Tea Tree Oil, so a few drops placed at the point of entry will deter them.

## **Sanitizing Wipes**

Grab an old wet wipe container.

Take about 20 coffee filters and lay them flat in the bottom of the container.

In a separate container, take 10 drops of tea tree oil and mix with one cup of water. You can also add a few drops of lavender or lemon for scent. Then take this mixture and pour into the container.

## Chapter Four: Good Info to Know

### Best Carrier Oils

Carrier oils are used to dilute essential oils before applying them to the skin. While essential oils are usually distilled from the bark, leaves, and roots of a plant, carrier oils are a vegetable oil that comes from the fatty portion of a plant (i.e., from the seeds, kernels, or nuts). They mostly do not contain a strong aroma which allows them to mix well with the essential oils which do.

You want to look for a carrier oil that has been cold pressed or cold expeller pressed. Some of the best oils to mix with tea tree oil are sweet almond, olive, and coconut oil.

### Anti-fungal, Anti-Bacterial, Anti-Sceptic

Tea tree oil is also known by the name melaleuca oil, from the plant it is derived from, *Melaleuca alternifolia*. If we look at the properties of tea tree oil, we discover that it contains about 30% Terpinen 4. This compound is what makes tea tree oil antimicrobial. An antimicrobial is basically an agent that kills microorganisms that can cause infections. It disrupts the cell membranes of these microorganisms, destroys their proteins within them, and keeps them from wreaking havoc on your body. For this reason, tea tree oil is known as a "cure all," as one bottle packs a lot of punch!

Research has shown that tea tree oil has very strong and effective antibacterial, antifungal, antiviral, and antiseptic qualities. It has been proven to work against MRSA, a bacteria strain that has become antibiotic resistant.





## **What to look for when purchasing tea tree oil**

Be careful and do not be duped when purchasing tea tree oil. Lots of brands out there will seemingly indicate they are 100% pure when in fact, they are not. If you go with the cheapest brand you can find, well, I hate to say it, but you get what you pay for. Tea tree oils of poor grade are not always effective and in some cases can cause skin irritation.

True 100% Pure Australian Therapeutic Grade Essential Oil will not be cheap. A 2 oz. Bottle (60 ml) should cost in the range of \$20-\$30.

There are a couple of numbers to be aware of when seeking out a good tea tree oil. If you can, find out the Cineole number which should be below 15% as well as the Terpinen-4-ol number which should be above 30%.

## **Why Dark Amber or Cobalt Blue Bottles**

When you purchase tea tree oil, two important factors to look for are a dark amber or cobalt blue color and a glass bottle. But why is that?

Dark amber and cobalt blue bottles actually extend the shelf life of the oils. The oil will last about 6 months if it has been opened. An unopened bottle can last up to two years. Something you should never put tea tree oil in is plastic. The reasoning, because terpinen 4-ol leaches out of the tea tree oil and after about 3 months the tea tree oil will be in poor quality and can potentially irritate your skin.

## Chapter Five: Precautions

### **Do not ingest**

Tea tree oil can be toxic if ingested even in small amounts. For this reason, do not get tea tree oil near the mouth or ever take orally in any form. However, for colds and coughs, the oil used in vapor form is considered safe.

### **Dilution**

Before you begin using tea tree oil in your home, it is very important that you observe the following rule:

Never use tea tree oil directly on the skin. Most essential oils are very concentrated and should always be diluted with a carrier oil, water, or base (shampoo, body lotion, body wash, etc.) when being used. There are exceptions, such as lavender and vanilla, but as a rule of thumb, always dilute any essential oils.

### **Test on Skin**

Tea tree oil can cause skin irritation in some people if put on undiluted. To avoid an allergic reaction, place a small amount of diluted oil on a patch of your skin. Cover the spot with a band aid and wait a full day to see if irritation occurs.

Always wash your hands thoroughly after handling essential oils.

### **Keep Away From Eyes**

Tea tree oil is very potent and can cause irritation to sensitive areas of the skin. Therefore, always keep tea tree oil away from your eyes.

### **Keep Away from Children and Animals**

Because tea tree oil is toxic if ingested, please keep away from your children and animals.



## **Chapter Six: Conclusion**

The use of tea tree essential oil can be incredibly beneficial to your health. This product promotes overall well-being for most who use it. Instead of using chemically-laden products, you can feel relief naturally.

When you use tea tree oil, you can combat everything from acne to sunburn. Just remember to take the precautions we suggest on diluting the oil. And remember to never ingest or use near mouth or eyes.

So, what are you waiting for? Start using tea tree oil and discover all the benefits!

# Tea Tree Essentials

USES FOR AUSTRALIAN TEA TREE OIL

## **A REVIEW FROM ONE ENTHUSIASTIC USER:**

### **HOUSEHOLD “MIRACLE” OIL - REALLY!**

This stuff works! I initially bought it for my 3 teenage kids and their acne problems. They mixed the oil with some regular face lotion with results after just a few applications! I also used it to relieve itching from bug bites and to disinfect scrapes we encountered on our recent camping trip. I am going to try it next on my mildew-stained shower grout as suggested by this Ebook. Every medicine cabinet and cleaning supply shelf should have a bottle of this “miracle” oil in it!

*Greg J, St. Louis, MO*

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