

A Guide To
Tea Tree Essential Oil

87 Uses And Benefits



Herba Terra Organics™
Good for the People, Good for the Earth

www.herbaterraorganics.com

TEA TREE OIL – 87 Benefits and Uses

Note: Before you use tea tree oil, please make sure you read this first 4 pages carefully.



The Tea Tree (or *Melaleuca Alternifolia* - its medical term in Latin) is a tree native only to Australia. The oil is obtained through steam distillation from leaves, and it has a pale yellow color. The smell is strong, penetrating, it has a fresh camphor odor, that resembles the smells of Rosemary oil, with an herbal undertone; it's not unpleasant for some, but could be intolerable for others.

The Tea Tree oil is one of the most versatile and effective essential oils and it's packed with a wide range of natural health benefits that puts it in a class of its own. It has anti-bacterial, anti-viral, anti-fungal and antiseptic properties and contains naturally occurring organic chemicals called terpenoids, which are the main reason for its healing properties. Terpenoids are also used extensively for their aromatic qualities, as well as other antibacterial and their pharmaceutical functions. For hundreds of years, this oil has been effective in treating a wide variety of ailments and there are 87 reasons why you should use it too!

How to use it for best results:

- **Topical use:** is intended for aromatic or topical use only. It is gentle enough to be used by itself. Apply one to two drops to desired area. While gentle enough to be used by itself, dilution with either fractionated coconut oil, jojoba, or olive oil will help to minimize any possible skin sensitivity. Don't swallow it as it could be very toxic when taken my mouth. See additional precautions below.
- **Diffusion:** Use several drops in the diffuser of your choice. We recommend **only Nebulizing Diffusers that use BOTH cold air pressure and nanotechnology** which is the best method for getting the most optimal results with any essential oils. Nano technology breaks down the oil into very fine particles which ensures the most complete distribution into the air. When the essential oil is diffused using traditional diffusers, the oil particles mixed with water become heavy and fall back on top of furniture instead of being distributed completely into the air, which is a waste of money and completely ineffective from a

therapeutic perspective. Never use tea tree oil or other essential oils with diffusers that are made of plastic and/or **WRONGLY** mix the oils with water and then heat the oil. Essential oils especially citrus oils are corrosive and break down plastic, which is why most diffusers made of plastic stop working after a while. Mixing any essential oils with water and then heating them inside a diffuser is the **BIGGEST MISTAKE**, because their structure is very delicate and heating them with water will completely destroy their therapeutic effectiveness and the only benefit will be nothing more but a pleasant aroma. If needed, essential oils should be added to hot/simmering water **ONLY** after the water is removed from the heat source, not while it's been heated. Therefore for maximum therapeutic benefits, we highly recommend investing in a high quality diffuser that it's not made of plastic and doesn't mix water and heat to diffuse oils. **Our own, state-of-the art Herba Terra Professional Cold Air Nebulizer is the only one in the market today that uses nanotechnology**, and this is why it's the most advanced and the highest quality oil diffuser in the market today.



- **Expiration date:** For best results use it within 6 months of opening; if not opened, it could be used up to 1 (one) year from the date of purchase.
- **Country of origin:** Do you know that 300% more tea tree oil is sold than is produced? **That means some tea tree oil that is sold is NOT 100% real!** Herba Terra Organics sells only high premium quality oil **made and imported from Australia**. A lot of tea tree oil on the market today is made in China, that's also falsely labeled as "Australian" Tea Tree Oil for the simple reason that comes from seeds imported from Australia that are grown in China, which is not ideal since Tea Tree is only native to Australia. If the bottle doesn't say "Made in Australia", then it's probably the diluted oil version made in China that could contain other synthetic oils, which explains the much cheaper price. **Beware of most sellers' labels that say "Packaged in USA" which means their product was NOT made, but only packaged in US, and most likely imported from China.** The best and purest tea tree oil is **ONLY** from tea trees grown in their native environment in Australia, because the Tea Tree

is **ONLY** native to Australia. Tea Tree (*Melaleuca Alternifolia*) essential oil has certain standards it must meet in order to be considered “**in compliance**” with the industry norm for Tea Tree. These guidelines are as follows:



Tea tree oil composition as per ISO 4730 (2004)

Component	Concentration
terpinen-4-ol	30–48%
γ -terpinene	10–28%
α -terpinene	5–13%
1,8-Cineole	0–15%
α -terpinolene	1.5–5%
limonene	0.5-5%
α -pinene	1–6%
p-Cymene	0.5–8%

Quality companies regularly run their own GC/MS testing on each batch they obtain from distillers to be sure they get an essential oil that is in compliance with standards before passing them onto their customers. Our company always does that with every new batch. So before you buy tea tree oil next time make sure to ask any company to send you a copy of the certificate that proves their tea tree oil is compliant with the required standards (we are happy to release ours upon request). The native Australian tea tree oil is chemically unique and proven superior in all the world. If you want to get results, the Australian tea tree oil made in Australia is the best choice and that is the only kind we sell. Using the **WRONG TEA TREE OIL**, as in an adulterated (diluted with other synthetic oils) or expired oil, **COULD** also create a **medical emergency!**

Precautions For Using Tea Tree Oil

Before you use pure tea tree oil, it's important that you first make sure you're not allergic to it. Allergies are rare, but they do happen. The best way to find out is by doing an "arm test." Moisten a cotton swab with pure tea tree oil and dab a small amount onto your inner

arm. If you're allergic, you'll know it: your arm will soon become red or irritated. If this is the case, pure tea tree oil is not for you. If you don't have an allergic reaction, you can go on to use tea tree oil as described below. Do NOT ingest it orally, unless advised by a health care practitioner or a certified clinical aroma therapist. Tea tree oil can be applied undiluted on the skin, in most cases, but never on children under 12, or pets. Pregnant and breastfeeding women or those undergoing childbirth should consult with their doctor before using tea tree oil or any other essential oil. People with a known allergy or sensitivity to tea tree oil, or to any of its parts, Balsam of Peru, benzoin, colophony (rosin) tinctures, eucalyptol, or to plants that are members of the myrtle (Myrtaceae) family should avoid tea tree oil. Avoid applying around the breast, because tea tree oil may have a mild hormonal activity. Avoid adding into the middle ear, as toxicity of the ear has occurred with large doses. Reduce or avoid alcohol after aromatherapy massage. Use cautiously when used in combination with lavender oil, as this may cause a widespread rash. If you take any medication or are under medical supervision, ask your doctor first before using tea tree oil when taking homeopathic remedies.

Disclaimer: The information in this guide is for information purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, cure, or treat any disease. Anyone suffering with an illness or disease should consult their medical provider before using essential oils.

HEALTH USES

1.**Abrasions & Minor Cuts:** Clean the area well, then apply a few drops directly on the wound. If a bandage is needed, pour a few drops of oil on a cotton ball, then lay it face down on the wound with a bandage on top.

2.**Acne:** Add a dab directly on acne breakouts. You can also add 20 – 40 drops of the oil to your regular face washing solution.

3.**Allergies:** Massage it into the chest, abdomen or the reflex points of the feet. Or mix hot water and with a teaspoon of sea salt, warm the mixture up to just simmering, then add 1-2 drops of tea tree oil, then breathe the vapors through your mouth and out



4.**Arthritis:** Add 20 drops of tea tree oil to 2 ounces of grape seed or other carrier oil. Massage into affected areas 2-3 times a day to help reduce pain associated with the swelling of arthritis.

5.**Asthma:** Add a few drops of oil to 2 cups of steamed water. When cool, throw a towel over head and breathe in for a few minutes. A diffuser at night with tea tree in the bedroom may ease your breathing. Add 10 drops of the oil to the diffuser.

6.**Athletes Foot:** Add 10 drops oil to 1 tbsp of grape seed or other carrier oil and massage on feet and between toes daily for a few months.

7.**Bacterial Infections:** Massage into the reflex points of the feet, add several drops to a bath, or apply very little over an infected area.

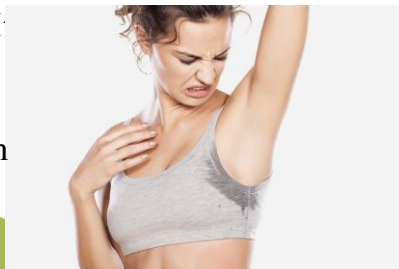
8.**Bad Breath:** Use it as a mouthwash by adding 1-2 drop to 1/2 cup of water. Do not swallow and **NEVER** use it internally. Use cautiously when used as a mouthwash, due to moderate burning of the mouth upon contact in some individuals.



9. **Bladder Infection:** Add 10 – 15 drops of oil in a tub in shallow water. Sit and wash area carefully.

10. **Blisters:** Wash area carefully, then apply in the same way as for cuts and wounds.

11. **Body odor:** Add a few drops into your bath and sit in. It should help reduce persistent body odor.



12. **Boils:** Apply a warm washcloth for a few minutes. Then apply 1-2 drops to the area – the infection should rise to the surface and eventually be released.

13. **Bronchial Congestion:** Use as directed for asthma. Add 5 – 10 drops to 1 ounce of carrier oil, and massage into chest and throat 2 – 3 times daily. Diffusing the oil (without water) may also help.

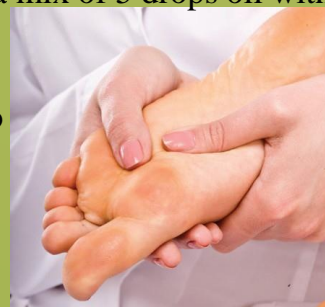
14. **Bronchitis:** Add 1-2 drops to a pan of hot water (after the pan was removed from the stove) and breath in the steam, or massage the oil over the chest. Never boil or heat tea tree oil or any essential oils for that matter with water, as it destroys their therapeutic effectiveness. Diffusing the oil (without water) may also help.

15. **Bruises:** After icing, apply it as directed for Arthritis.

16. **Bunions:** Massage area with 5 drops oil to 1 tbsp. of carrier oil.

17. **Burns:** Run icy cold water on area. After a few minutes, add a mix of 5 drops oil with 1 tsp. raw honey. Repeat 3 – 5 times daily.

18. **Calluses & Corns:** Massage area with 5 drops oil to 1 tbsp. of carrier oil, twice daily. Once the corn or calluses have become soft use tweezers to remove, and apply a few drops of tea tree oil and cover with bandage.



19. **Canker Sores:** Apply 1-2 drops directly to infected area with a cotton swab, twice daily. Also, rinse as with a regular mouthwash.

20. **Carbuncles:** Add 1-2 drops to cotton swab and apply directly to carbuncle. Apply twice daily.

21. **Chapped Lips:** Add 1-2 drops to lip balm, and apply as needed.
22. **Chicken Pox:** Apply 1 drop directly to blisters. Allow to dry, then dust with cornstarch. Repeat every few hours or until blisters disappear.
23. **Chigger Bites:** Apply 1 drop directly to bites.
24. **Cold Sores:** Apply 1-2 drops with a cotton swab directly to the sore, 2 – 3 times daily.
25. **Coughs:** Use as directed for bronchial infections. For a vaporizer, add 10 drops to steamed water (after removing from the heat source) and leave on 5 - 10 minutes, or better yet diffuse 10-20 drops with your diffuser for a few hours/day for several days.
26. **Dandruff:** Add 20-30 drops to any shampoo. Also apply a few drops to scalp and massage after washing.
27. **Dermatitis:** Add 10 drops to 1 tbsp of carrier oil and massage into affected areas, 2-3 times daily.
28. **Dry Scalp:** Apply a few drops directly to your scalp before you shampoo your hair, massage it well for a few minutes, then shampoo your hair as usual, then rinse.
29. **Dry Skin:** Add 5 drops to 1 tbsp sweet almond oil and massage gently into skin.
30. **Earache and Infection:** Add 2-3 drops to 2 tbsp warm organic olive oil. With a dropper, pour a small amount into a cotton swab and apply it to the aching ear. Repeat 2 - 3 times daily. Make sure it doesn't get into the inner ear, as it may cause ear damage.
31. **Eczema:** Add 10 drops to 1 tbsp coconut or other carrier oil, and massage into affected areas, 2-3 times daily. It can also be applied undiluted.
32. **Emphysema:** Use as directed for bronchial infections. For a vaporizer, add 10 drops to steamer and leave on 5 – 10 minutes, or better yet diffuse 20 drops into a diffuser and let it run for a 3-4 hours/days at least.
33. **Flea Bites:** Apply a drop directly to bites.



34. Gout: Add 10 drops to 2 tbsp of carrier oil; massage into affected areas 2-3 times daily.

35. Gum Disease: Create a mouthwash with purified water, 1 drop of peppermint and 1 drop of tea tree oil.

36. Hair Growth: Scalp massage with tea tree oil for 10 minutes to stimulate blood flow and reduce the inflammation in the follicular cells, which enhances hair growth and healthy hair. Repeat once a week.



37. Head Lice: Add 20 drops to 2 tbsp shampoo. Massage into scalp and hair, leave on for 10 minutes, then rinse. Repeat 3 – 4 times daily, until eggs are gone.

38. Hives: Add 10 drops to 4 tbsp of witch hazel. Apply with cotton ball. Or, mix with coconut oil (which is naturally healing and soothing itself) and gently apply to the infected areas.

39. Homemade Mouthwash: Mix purified water and a few drops of tea tree oil.

40. Immune System: To stimulate the immune system, diffuse through the air on a regular basis. Massage into the soles of the feet to increase your immune response.

41. Infected wounds: Adding the oil to steaming water, hold the infected area over the steam. Or dilute 1 drop of tea tree with 1 cup of water and rinse the infected area 1-2 times a day, as needed.

42. Inflammations: Massage gently over the inflamed area, always toward the heart, or diffuse and inhale the tea tree oil directly or indirectly.

43. Ingrown Hairs: Add 1 – 2 drops directly to area. Repeat every 2 hours or until signs of infection disappear.

44. Insect Repellent: Add 15 drops to a quart of water and spray it on your body as an effective insect repellent.



45. **Insect Bites:** Be sure to take some with you when hiking, camping, or traveling to put directly on insect bites or blisters.

46. **Jock Itch:** Apply 10 – 15 drops to 2 tbsp of carrier oil, 2 times daily. Dust with cornstarch, to reduce chapping.

47. **Laryngitis:** Add 5 – 10 drops plus a pinch of sea salt to 1 cup of warm water, gargle 2-3 times a day. Do not swallow!

48. **Mosquito Bites:** Apply a drop directly to bites.

49. **Muscle Aches and Pains:** Add 10-15 drops to half cup Epsom salts, and dissolve in bath. Add 10 drops of TT oil to 2 tbsp of carrier oil. Massage well.

50. **Mumps:** Massage all over body and into feet; diffuse throughout the home.

51. **Nail Fungus:** Add 1 - 2 drops directly to nail and the surrounding tissue. Allow to dry completely on hands before touching anything. Repeat morning and night for at least a couple of months. **Toenail fungus:** Rub 1-2 drops directly onto the affected toenail and underneath the tip of the nail. Apply the oil once a day for a few months, preferably at bedtime on clean, dry feet.

52. **Plantar Warts:** Apply it undiluted to affected area 2-3 times daily.

53. **Psoriasis:** Add 10 drops to 1 tbsp carrier oil, and massage into affected areas- 2-3 times daily. It can also be applied undiluted.

54. **Rashes:** Mix with coconut oil and massage over the affected areas.

55. **Rheumatism:** Add 20 drops to 2 ounces of carrier oil. Massage into affected area 2-3 times a day to reduce the pain associated with rheumatism.

56. **Ringworm:** Apply 1-2 drops undiluted, repeat 2 times daily. Can also mix 1 drop of tea tree oil with 1 drop of lavender oil for added benefit.



57. **Rubella:** Dilute as needed and massage into the affected areas.

58. **Scabies:** Apply 1 – 2 drops directly to area in the morning and at night.

59. **Sciatica:** Add 10 drops to 1 tbsp carrier oil, and massage into affected areas- 2-3 times daily. It can also be applied undiluted.

60. **Seborrhea:** For skin: Add 10 drops to 1 tbsp of carrier oil, and massage into affected areas 2-3 times daily. For scalp: Add 10 drops to 2 tbsp shampoo, massage into scalp and hair, and leave on for 10 minutes. Rinse. Repeat 3 – 4 times daily. Bath: Add 10-15 drops to bath.

61. **Shingles:** Add 10-15 drops to half cup Epsom salts, and dissolve in bath. Add 10 drops to 2 tbsp of grape seed oil or coconut oil and massage well.

62. **Sinus Infections:** Use as directed for bronchial infections. Add 10 drops to steamed water after removing the pot from the heat & leave on 5-10 minutes, or add 2 drops to a neti pot. Also diffuse it up in the air with a diffuser for several hours each day.

63. **Sore muscles.** Add a few drops into a tub filled with warm water, and sit to relax tight muscles.

64. **Sore Throat:** Add 2 drops to 1 cup of warm water with pinch of sea salt, gargle 2-3 times a day. Do not swallow!



65. **Staph Infection:** Rub it into the soles of the feet to increase the immune response and fight infection.

66. **Stye:** Add 5 drops to a pan of steamed water. Place towel overhead and steam for 5 minutes. Apply warm compresses directly to stye.



67. **Sunburn:** Mix 1 drop with 1 TB coconut oil and 1 drop of lavender and gently apply to sunburned areas.

68. Tattoos: Apply after tattoos to avoid infection. Use undiluted, diluted with coconut oil, or as a spray with purified water.

69. Thrush: Mix 1 drop with 1 TBS sea salt and warm water, and gargle.

70. Ticks: Apply 1-2 drops directly to the tick and the surrounding area.

71. Tonsillitis: Inhale from steaming water with tea tree, gargle, and massage into neck and soles of feet.

72. Toothache: Add a few drops to a glass of water and use it as a mouth rinse to provide relief.

73. Vaginal Infection: Add several drops to the bath water and sit in the tub.

74. Viral Infections: Diffuse tea tree oil throughout the home or inhale from steaming water.

75. Warts: Apply undiluted directly to wart. Use morning and night, until wart begins to disappear. Dilute if necessary for sensitive skin.

76. Wounds: Add a few drops into a bottle of water and spritz over the wound, or soak wounded area in water with tea tree oil. Depending on the wound and your own sensitivity you may be able to apply directly.



FOR CLEANING & OTHER HOUSEHOLD NEEDS

77. **All Purpose Cleaning:** Mix 10 drops of oil with baking soda and 14 oz of water. Shake and use for household cleaning tasks. This is especially good to scrub bathtubs, tile, and toilets to kill germs.
78. **Air Deodorizer:** : Soak a few cotton balls in tea tree oil and put them throughout the house when confronted with foul smells from cooking, musty odors from dampness, or even the medicinal smell in a sick room; also great for closets and drawers too. **Air Freshener:** Mix 2 drops with 2 cups of water in a spray bottle. Can be used aromatically for a fresh smell and to prevent the spread of colds and flues. Better yet use it with your **oil diffuser** for at least a few hours/day especially if someone in the family is sick or just want to enjoy the fresh herbal aroma of tea tree oil in your home.
79. **Baby Care:** Keep your diaper pail clean and fresh with a spray of tea tree oil mixed with water. Many parents also report success with applying 5 drops tea tree oil mixed with 2 tablespoons of coconut oil for diaper rash.
80. **Dog Shampoo:** Add 10-20 drops to your regular dog shampoo, depending on the size of the bottle.
81. **Germs Fighter:** to keep germs at bay, spray it (mixed with some water) on counter tops, high chairs, car seats, and other high traffic spots.
82. **Green dishwashing soap:** Add a few drops to dishwasher dispenser, then fill with a dishwashing soap.
83. **Laundry cleaning:** A few drops to each load of laundry will disinfect your clothes and make them smell cleaner.
84. **Mildew and Mold Remover:** Mix 2 teaspoons of oil and 2 cups of water and spray on growing mold and mildew. Shake well before using and do not rinse.
85. **Pest Control:** Household ants and other pests dislike Tea Tree oil, so a few drops put at the point of entry will deter them. Wipe cupboards out with an oil and water solution to keep ants away.



86. **Remove Mustiness** using that same tea tree oil/water spray mix as mentioned earlier.

87. **Toothbrush Cleaner:** Apply oil directly to toothbrush 1-2 times a week to kill bacteria, leave it in for a few minutes, and then rinse it off.



Herba Terra Organics™
Good for the People, Good for the Earth



ABOUT HERBA TERRA ORGANICS

Discover the Difference Nature Makes

At Herba Terra Organics we are passionate about formulating and creating products for personal and home use based on organic and 100% pure, natural ingredients. We are passionate about creating an ethical herbal business with high quality goods and friendly service.

We believe in the incredible power of natural products and their effectiveness for your own well being. Our mission is to inspire people everywhere, including you to experience nature's abundant gifts of wellness.

100% Sustainability

We believe that is possible to make an amazing product without harming people or the planet, and we strive to create products that are as non-toxic and healthy as possible. To us sustainability means making choices today that help improve not only our current well being, but also the future living conditions for our communities while maintaining the biological and cultural diversities of our planet. We pledged to maintain absolute environmental sustainability by offering goods from ethically harvested and traded ingredients that support the environment and the local businesses.

Never Tested on Animals

All our products sold on our website Herba Terra Organics are either certified organic or made with organic ingredients. They are also cruelty free, never tested on animals, and 100% natural, free of mineral and synthetic oils, parabens, paraffin, sulfates, phthalates, DEA, artificial colors and fragrances.

