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# Tea Tree Oil



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## Tea Tree Oil: Overview

### Background and Origin

When Captain James Cook set sail in 1768 on his expedition to explore the Pacific Ocean he couldn't have imagined what he would bring back with him. His first goal was to study a rare astronomical event, and after that to search for the continent of Australia, which had not yet been fully explored by Europeans.

When he reached the Eastern coast of Australia he sent ashore the ship's botanist, Joseph Banks, to study the local plant life. In this swampy, lowland bay, in what is now New South Wales, he was to discover a single plant that has shown to have amazing healing properties, and provides natural relief from some of the most irritating and vexing health issues.

This incredible wonder-plant is the "tea tree", and the oils (7 different types) and chemical compounds (98 of them) combine to form a potent natural antimicrobial and antibacterial powerhouse, in some cases even more powerful than some commercially-available antibiotics.

### Eve Hansen's Tea Tree Oil

Tea Tree Oil (*Melaleuca Alternifolia*) – 100% Pure Steam Distilled Oil – Pharmaceutical Grade

*'Cleansing, purifying, and renewing essential oil and natural antiseptic. Tea tree oil is widely accepted and used by most natural healthcare practitioners and aroma therapists. It can help to fight all three categories of infectious organisms (bacteria, fungi, and viruses). Great natural remedy to combat dandruff, acne, toenail fungus, skin tags, yeast infections, cold sores, lice, ringworm, and more. A must have oil for your home. Make your own all-purpose cleaner or add a few drops to your existing products.'*

A word of caution: Keep out of reach of children. Avoid contact with eyes or other tender areas. If irritation, redness, or discomfort occurs, discontinue use. Highly concentrated



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and should be used with care. Always dilute before any use other than aromatherapy. Not for internal use.

Indications: To preserve the quality and integrity of the oil, store the bottle in a cool, dark place



## Customer Testimonials

But don't just take our word for it. Here's what some tea tree oil users have said about their experiences:

### **Helped get rid of a persistent rash**

*"I purchased the tea tree oil for a rash I developed on my fingers. Not sure what the rash was from, but I developed it after working at a veterinary hospital for a couple of months. I tried all sorts of lotions and creams and it kept getting worse. After 3 days of using the tea tree oil twice a day the rash has healed and is pretty much non-existent."*

### **Quickly removed head lice from a child**

*"My daughter, a toddler, has recently been infected with lice (worst thing EVER to heavily thick, coarse hair). We tried every single method and product out there, but nothing eliminated them as completely as this oil! As I started the treatment on her hair the bugs would literally jump off her hair. I was amazed & relieved."*

### **Relieved symptoms of eczema and feminine infections**



*“This product has worked very well for us with eczema and other skin problems my family has had with this harsh winter. Also, it does help with the feminine yeast like it says! Great in a bath!”*

### **Cleared up stubborn pimples in weeks**

*“I’d exhausted all my other options for acne treatment when I came across this product and decided to give it a try. I applied a few drops to each pimple via a cotton swab every night before bed, and within a few weeks I noticed a marked improvement, to the point that even my co-workers were commenting on how my skin was clearing up. I love the fact that it’s all natural and has a soothing smell, unlike the other ointments and medications that did me no good.”*

### Tea Tree Oil Uses

While those testimonials tell of some fantastic results, and give you a taste of the benefits you’ll get from using tea tree oil, this doesn’t even scratch the surface of all the uses you’ll find for it.

Use tea tree oil to:

- Clear up unsightly blemishes and pimples
- Heal and prevent cracked and ragged cuticles
- Fight foot odor
- Eliminate toenail fungus
- Relieve the itching, cracking, and burning of Athlete’s Foot
- Remove the sores and spots caused by Chickenpox
- Reduce cold sores
- Relieve skin lesions and red, scaly patches from Psoriasis
- Treat yeast infections that cause itching and soreness
- Completely remove makeup residues that cause blemishes
- Reduce flare ups of jock itch
- Cure bad breath
- Treat inflamed gums
- Relieve sore throat and chest congestion
- Get rid of embarrassing dandruff flakes



- And More!

We've put together this guide as a sort of "cookbook" with "recipes" on how to get the most out of your tea tree oil. In it you'll find 15 complete examples of what you'll need to prepare the treatment for various ailments, plus extra, bonus ideas how to use your tea tree oil. Just follow the instructions and expect relief!

### 1. Use Tea Tree Oil to Cure Mild Acne

It seems like on your most important days, when you absolutely, positively have to look your very best, an ugly zit shows up on your forehead, chin, or your nose. Fortunately, this common problem can be minimized or even eliminated by using this simple tea tree oil treatment.

If you're looking to get rid of pimples, a 5 percent solution of tea tree oil works just as well as the top drugstore acne remedy, benzoyl peroxide, according to Australian researchers.

Dilute a few drops of tea tree oil with 20 to 40 drops of witch hazel, and apply to skin once or twice a day with a cotton swab.

Be careful to not overuse it!

While gentler than benzoyl peroxide, tea tree oil can still dry out your skin, triggering your body to overproduce its own oils and make your acne worse. If you apply it to your face, stay out of the sun as tea tree oil can make you more sensitive to UV rays.

Tea tree oil might work more slowly than benzoyl peroxide, but seems to be less irritating to facial skin. When applied twice daily for 45 days, tea tree oil helps clear up several mild acne symptoms.

### 2. Use Tea Tree Oil to Soften Dry Cuticles

You don't have to suffer anymore from dry and cracked cuticles! Use this simple recipe and say goodbye to the peeling and bleeding that is so uncomfortable, and sometimes makes your fingernails look so bad you just want to hide your hands.



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The essential oils in this rich, softening blend help to counter cracked and ragged cuticles. Tea tree oil is a proven fungus fighter, while lavender is anti-inflammatory and healing. You can find avocado and jojoba oil in health food stores, or you can substitute olive oil for either or both.

You will need:

- 1 tablespoon of jojoba oil
- 1 tablespoon of avocado oil
- 10 drops of tea tree essential oil
- 10 drops of lavender essential oil

Pour the jojoba and avocado oils into a small, dark-colored glass bottle, which will help preserve the oil. Then, add the tea tree and lavender essential oils, screw on the cap, and shake to mix. Before using the cuticle oil, shake the bottle well, then massage a few drops into your nails and cuticles daily to prevent them from splitting.

### 3. Use Tea Tree Oil to Fight Foot Odor

Stinky feet? Unfortunately, unless you are lucky enough to walk around in sandals everyday, foot odor is a fact of life. When your feet are stuck inside shoes the skin on your feet can't breathe, and the sweat and bacteria build up to form a nasty odor. Try this refreshing natural herbal foot bath to make funky foot odor just a memory. The herbs and essential oils in this aromatic blend help to reduce bacteria, fight odor, and leave feet fresh and clean. Rosemary and ginger stimulate circulation, and sage discourages perspiration:

You will need:

- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 1 tablespoon fresh ginger root, finely grated, or 1 tablespoon dried powdered ginger
- 4 cups water, plus extra as needed
- 1 tablespoon baking soda
- 1 tablespoon Epsom salts
- 10 drops tea tree essential oil
- Small ice cubes or crushed ice



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Place rosemary, sage, and ginger in a large saucepan with water. Bring to a boil. Remove from heat, cover, and steep for 10 minutes then strain. Add baking soda, Epsom salts, and tea tree oil. Mix well. Pour into a foot spa or shallow basin big enough for both feet. Top with extra water and add ice. Soak feet for 15 minutes; pat dry.

#### 4. Use Tea Tree Oil to Eliminate Toenail Fungus

Have you stopped wearing sandals because you don't want to show your stained, flaky, toenails in public anymore? Toenail fungus is a real problem, and the longer you go without treating it the worse it will get, and the harder it will be to treat in the future. Start using this simple treatment to help clear up toenail fungus and get back to feeling good about showing off your feet!

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In a study, participants applying 100% pure tea tree oil to nail fungus for a minimum of 3 months did as well at killing it as did those using prescription antifungal cream; 60 percent of both groups completely or partially eradicated their symptoms.

Once or twice a day – every day – apply a drop or two of 100% pure tea tree oil to the discolored nail. Be careful not to apply it to the skin, because undiluted tea tree oil may be irritating. It also improved nail appearance in about 56% of patients after three months, and 60% of patients after six months of treatment.

#### 5. Use Tea Tree Oil to Relieve Athlete's Foot

Do you suffer from the itching and burning of athlete's foot? Is the flaking, scaling, and blistering driving you crazy? Athlete's foot is a fungus, and when you wear socks and shoes, the sweaty, humid conditions are an ideal bacteria breeding ground. Get relief now, and help prevent future outbreaks, when you apply this tea tree oil mixture onto your feet and toes.

One study found that tea tree oil was as effective as an over-the-counter remedy to relieve the burning, itching, inflammation, and scaling caused by athlete's foot,

Add a few drops to a tablespoon of witch hazel and apply to the affected area with a cotton swab three times a day. It can cause irritation in some people, so use sparingly the first time and discontinue use if a rash develops.





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## 6. Use Tea Tree Oil to Treat Chicken Pox Sores

Dealing with chicken pox can be incredibly uncomfortable for your child. Between the fever, the headaches, and the red blisters that itch so badly, it can be scary. You can help make things better with these simple tea tree oil treatments. The tea tree oil is a wonderful remedy to help clear the sores and spots caused by chickenpox. Using a cotton swab, when this oil is applied to the sores caused by chicken pox 2-3 times daily, has shown to produce positive results.

Tea tree oil fights bacteria with its antiseptic properties, which means that it can make your child's blisters close up and heal more quickly. However, tea tree oil can cause skin irritation so it is important to dilute it with another oil before applying it to your child's skin.

- Mix about 50 ml of a base oil (jojoba oil, coconut oil, olive oil or almond oil) with 15 drops of tea tree oil.
- Soak a cotton ball in the mixture and apply it to each individual blister.

## 7. Use Tea Tree Oil to Reduce Cold Sores

Cold sores can be painful, ugly, and embarrassing, and stressing out about them just seems to make things worse. Fortunately, tea tree oil can help! Normally a cold sore can last as long as one or two weeks, but applying the oil can help speed up the process.

Dab several drops of the tea tree oil on the cold sore twice daily using a sterile cotton ball.

Users of the tea tree oil treatment claim that it can reduce the duration of a cold sore by nearly 50 percent, often even greatly minimizing the size of the sore overnight.

Tea tree oil has antiseptic, antiviral, antifungal, and antibiotic properties. Additionally, its anti-inflammatory properties help reduce swelling and keep the size of the cold sore in check.

If you have sensitive skin, you may want to dilute the oil with equal parts water before applying it. Take care to not swallow the solution when applying near the mouth.

## 8. Use Tea Tree Oil to Relieve Psoriasis



Topical treatments applied to the skin are the first step to relief if you are suffering from psoriasis inflammation. The anti-inflammatory agents in tea tree oil provide a safe and natural way to treat the swelling and redness of lesions, and help to relieve itching.

Rub a few drops of tea tree oil, diluted in a little olive oil, into your psoriasis patches several times a day to relieve itch and to soften plaques.

For severe scalp psoriasis, add ten drops of tea tree oil in your conditioner, and use it each time you shower. Leave it for 5 to 10 minutes to let the medication be absorbed into the affected area, then rinse thoroughly. Use skin cream after washing. After your bath, massage your skin with a cream containing tea tree oil. Make sure to use enough to thoroughly moisturize the skin for best results.

### 9. Use Tea Tree Oil to Treat Yeast Infections

It is so irritating having to deal with a yeast infection. With the soreness, and the itching, and everything else, it can be a pain just waiting for it to clear up. Here are some simple techniques for treatment so you can get some relief.

Studies have found that the natural chemicals in tea tree oil disrupt the membranes of yeast cells, and lavender kills Candida in a test tube.

Tea tree oil is considered to be one of the best natural remedies to decrease and ultimately eradicate yeast infections.

Mix these essential oils together in a bath and yeast doesn't stand a chance:

- 5 drops lavender essential oil
- 5 drops tea tree essential oil
- You can also mix the tea tree and lavender oils in distilled water and apply to affected areas.
- Use the blended mixture daily for maximum benefit.

### 10. Use Tea Tree Oil to Remove Makeup

While using makeup doesn't give you bad skin, if you aren't completely cleaning the makeup off your face every night you are just asking for pimples and breakouts. Tea tree



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oil can cut through the foundations, powders, and blushes that can stick to your skin and clog your pores.

To gently remove makeup on normal to dry skin, mix 1/4 cup of canola oil with 10 drops of tea tree oil in a clean jar. Using cotton wipe away the makeup, then follow up by rinsing your face with warm water.

If you have good makeup that worked well in the past, but now it seems to be causing problems with your skin, it might be out of date. Make sure you are using fresh makeup, clean your face with this recipe, and you can enjoy a face free of blemishes and clogged pores.

### 11. Use Tea Tree Oil to Cure Jock Itch

The itching from jock itch can seem unbearable, and sometimes commercially available products like ointments, powders, and sprays just don't give you the relief you want.

Tea tree oil has natural antifungal properties that can effectively treat jock itch along with other types of skin infections. It also has deep cleansing and stimulating elements plus powerful antibacterial qualities that help alleviate itchiness and inflammation associated with jock itch.

Mix four or five drops of tea tree oil in one tablespoon of coconut oil. Use a cotton ball to apply the mixture to the affected skin twice daily. Continue for a few days until the symptoms disappear completely. If you don't see results then increase the tea tree oil mixture until it starts working.

Another option is to add a few drops of tea tree oil to your bath water and soak for about 15 minutes. You can also find soap or shower gel containing tea tree oil and use these along with these other treatments for maximum benefit.

### 12. Use Tea Tree Oil to Cure Bad Breath & Inflamed Gums

How embarrassing is it to meet someone new, only to have to keep your mouth closed and your head turned because of your bad breath or red, inflamed gums? Use this easy tea tree oil mouthwash treatment and feel confident enough to smile and say hello!



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Tea tree oil, when used as a mouthwash, acts as a natural cure for bad breath, oral candidiasis, gingivitis, plaque, and inflamed gums. It also kills mouth bacteria prior to dental surgery and also reduces mouth irritation that is often caused by dental procedures.

- Add 3 drops of Tea Tree Oil to a cup of warm water.
- Use the solution as a mouthwash two to three times daily.
- Do not swallow the mouthwash. Spit it out!
- Also, try adding 1 drop of tea tree oil to your dab of toothpaste when brushing teeth for everyday gum health.

### 13. Use Tea Tree Oil to Cure Sore Throat & Chest Congestion

It is no fun when every breath you take is itchy and irritates your throat as it makes its way down into your stuffy chest. This neat and simple tea tree oil treatment helps treat a sore throat, as well as working to clear up congestion in your chest.

- Pour water into a large pot and bring it to a boil. Remove the pot from the heat and add 2 to 3 drops of tea tree oil to the water.
- Place a towel over your head, similar to a tent, and lean over the pot. Be careful not to get too close to the steam to prevent burns.
- Inhale the steam for about 5 to 10 minutes every night before bed.
- Repeat this process until symptoms are gone. If symptoms persist for 5 days or more, consult your doctor.

You can also use tea tree oil in your humidifier for a healthier home! Just add 10 drops to your humidifier and enjoy the results.

### 14. Use Tea Tree Oil to Get Rid of Dandruff

You wash your hair and keep it clean, but yet you can't wear a dark blouse because you don't want to be seen with the embarrassing white flakes on your shoulders. Am I right? Now you can wear your favorite clothes again with confidence after you start using tea tree oil in your hair care products to fight dandruff.



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Tea tree oil smells fantastic in your hair, and shampoos with at least 5% tea tree oil have been shown to effectively treat dandruff. Mix tea tree oil into your shampoo and conditioner. Start with 3 drops per fluid ounce of shampoo. You can make it stronger, but be careful not to add so much that it causes irritation of your scalp.

Massage tea tree oil shampoo into your scalp and let sit for 5 minutes. After you wash out the shampoo, follow up with a conditioner then rinse with water.

### 15. Use Tea Tree Oil to Treat Vaginal Itching

We have listed 3 different treatments you can use to get relief.

- For internal itching, brew 2 bags of chamomile tea in 24 ounces of distilled water, then mix in 6 drops of tea tree oil, 5 drops of lavender oil, and one drop of thyme oil. Let it cool off then use twice a day.
- For external itching, put 4 to 6 drops of tea tree oil in your bath water, then relax for up to 10 minutes. Do this twice per day.
- You can also make an ointment by adding 6 drops of tea tree oil into 1 tablespoon of Aloe Vera gel. Apply this to the affected areas,



**Eve Hansen's Tea Tree Oil is the best natural healing product for your family!**



As this guide shows, tea tree oil offers you a wide variety of treatments for everyday health issues. From soothing dry, itchy skin, to helping eliminate harmful bacteria and fungus, this amazing oil is one of the best products to have in your medicine chest. Use these suggested treatments, and any time you have a health issue that you think tea tree oil can help, give it a try. Just make sure you stay safe by reading the safety warnings on the product and you should see great results.

Enjoy using your tea tree oil!

**Eve Hansen**