

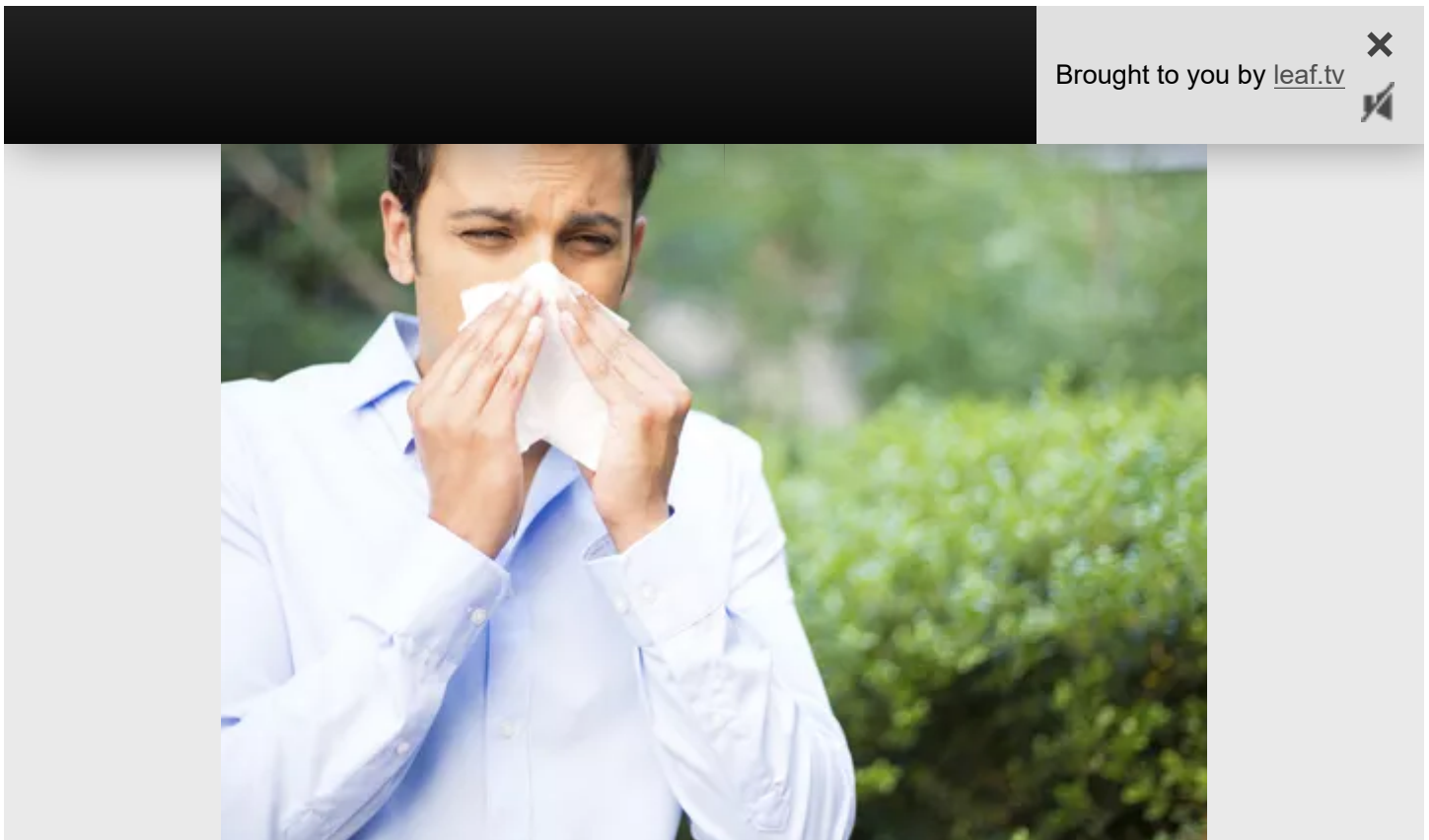
Brought to you by [leaf.tv](#)

Home > Feel Good > Wellness

Sinus Infection & Tea Tree Oil



By Noreen Kassem



nandyphotos/iStock/Getty Images

Sinus headache pain and sinus congestion are common and uncomfortable ailments that you have likely experienced. Your sinuses are air-filled spaces present on both sides of the face behind the bones of the forehead, cheeks, eye and nasal passages. These mucous-lined sacs can become infected by bacterial, viral or fungal invaders. Tea tree oil contains antimicrobial properties. Steaming the nasal passageways and throat with this essential oil helps to infuse the sinuses with anti-viral and anti-bacterial compounds. However, a sinus infection can be serious and may require antibiotics; do not self-treat with tea tree oil alone without the advise of your doctor.

Brought to you by [leaf.tv](#)



treatment to include nasal decongestants, anti-allergy medications, antibiotics and pain medications, depending on the severity of the infection. Tea tree oil and other essential oils have been traditionally used; however, these remedies are not medically proven to effectively treat a sinus infection.

Tea Tree Oil

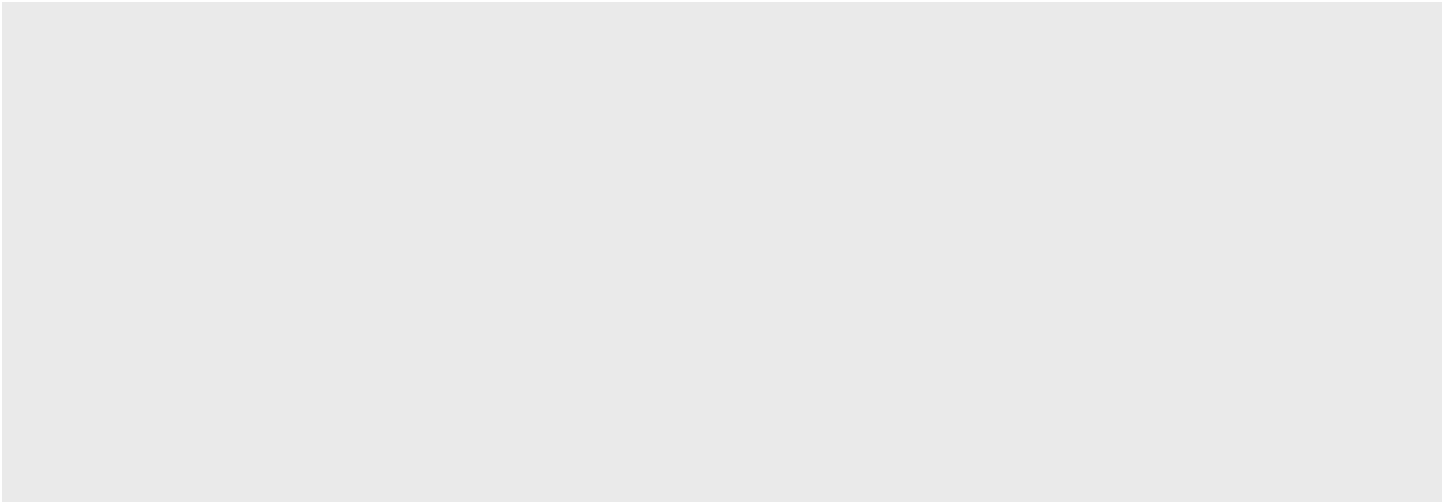
Tea tree oil is also called Melaleuca oil and has been traditionally used for its anti-viral, anti-bacterial and anti-fungal properties. This essential oil is obtained by steaming the leaves of the tea tree plant, a native of the Australian coast. The American Cancer Society notes that tea tree oil is added to creams, cleansers, soaps and cosmetics that are applied topically to treat acne and other skin ailments. Pure oil is added to water and used in a vaporizer and diffused to help ease respiratory and sinus infections. However, tea tree oil can be irritating to the skin and mucous membranes of the nose and throat; use only as directed.

Additional Uses

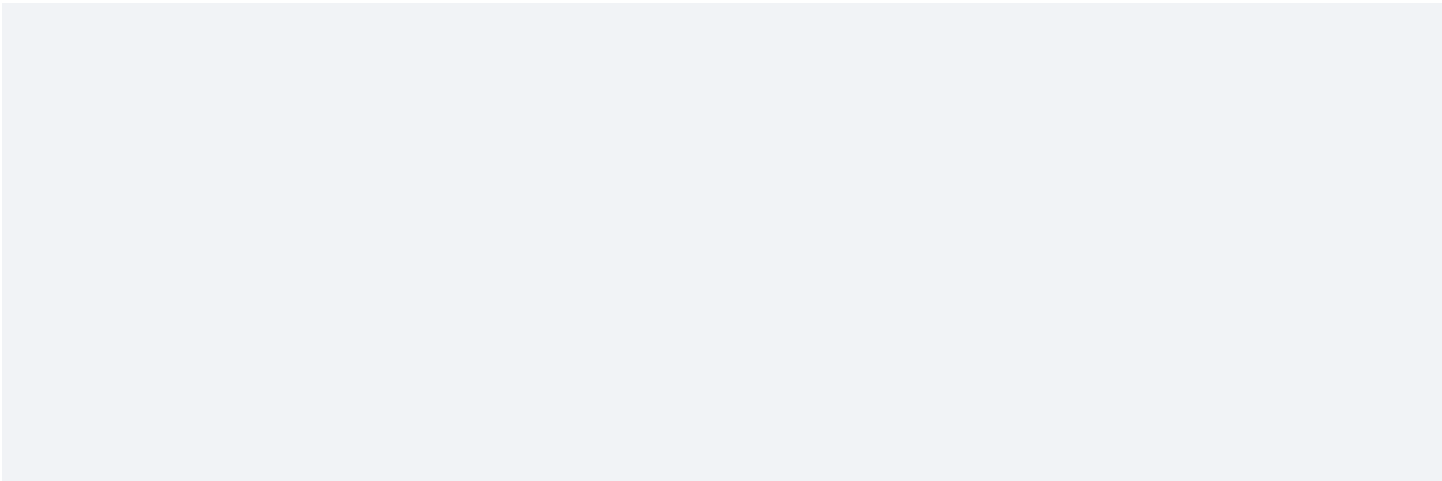
The Mayo Clinic notes that tea tree oil contains antiseptic properties and was used to cleanse skin wounds and surgical instruments before the discovery of antibiotics. It is

Brought to you by [leaf.tv](#)  

products should not be used for longer than one month at a time.



REFERENCES WRITER BIO



RECONNECT
WITH
NATURE

A Web Experience brought to you by LEAFtv

Home > Feel Good > Wellness