

## Tea Tree

We, at Meraki Essentials, love to call Tea Tree the 'Warrior Potion' as has powerful anti-bacterial function against all three infectious organisms: bacteria, viruses and fungi!

The oil of Tea Tree has a fresh and camphoraceous aroma and is known for many health benefits.

Tea tree is said to be the most medicinal of all the essential oils due to its penetrating and stimulating properties

**Diffusion** may help in: Creating a strengthening & warm feeling \* Inspiring confidence and dispelling feelings of doom \* Stimulating memory \* Preventing cold and flu, alleviate symptoms \* Airborne infections \* Strengthening Subtle Energies \* Relieving anxiety, sorrow & fear \* Restoring natural frequency of vibration of the chakras \* Aura cleansing, protection, purification, opening mental channels and promoting mental clarity \* Unclog upper chakras

**Massage with Carrier Oils** may help in: Acne \* Relief from insect bites, Reduction of spots, acne and minor abrasions \* Fighting Dandruff \* Stimulating growth of curls in hair \* Protecting from infections \* Stimulating hormone secretions, promoting blood circulation, and strengthening immune system

**Additional:** Tea Tree Essential Oil with Lemon Essential Oil, white vinegar & water can make a powerful anti-bacterial household cleaner.



## How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- \* Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- \* Add a few drops to bath water to reap benefits.
- \* Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

### Be careful not to use higher quantities

**Precautions:** Avoid during pregnancy \* Use sparingly \* Do not use undiluted on skin \* Patch test recommended before use \* May cause allergy to sensitive persons in which case discontinue use immediately \* Avoid contact with eyes & mouth \* Essentials oils are flammable \* Store in a cool & dry place, away from sunlight \* Keep out of reach of children \* Use within three months of opening the bottle \* For external use only \* Not for ingestion

[www.merakiessentials.com](http://www.merakiessentials.com)

Be sure that you are buying high-quality pure essential oil.