



## TEA TREE Organic Essential Oil



**Botanical Name:** *Melaleuca alternifolia*

**Main Constituents:**

Terpinen-4-ol: minimum 30%

**Plant Part:** Leaves and Twigs

**Origin:** China

**Processing Method:** Steam Distillation

**Child Safe:** Yes

**Description / Color / Consistency:** A thin, clear, pale yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A middle note with a medium aroma, Tee Tree has a fresh, slightly medicinal scent with characteristic woody, camphoraceous notes.

Tea Tree Essential Oil is a must-have oil to keep on hand for a wide array of applications.

**Tea tree** oil is extracted from the leaves of the tea tree using the process of steam distillation. It is known for its being effective in treating infectious diseases. This oil differs from the tea oil that is extracted from the tea seed and is also a popular essential oil. It has antiseptic, antimicrobial, antiviral, bactericide, fungicide, insecticide, expectorant, and stimulant properties.

**About Tea Tree:** *Melaleuca alternifolia* is the tea tree botanical name from the Myrtaceae family. The tree is originated in Australia. This tree is also known as ti-tree, melasol and t-trol. This tree can grow up to 20 feet high.

### ENERGETICS

- Tea Tree oil strengthens the defensive Qi. It is quite useful for dispersing wind cold conditions.

### SUBTLE AROMATHERAPY

- The strong, bittersweet spiciness of Tea Tree essential oil invigorates the heart and mind, uplifting the spirit and building confidence. It is recommended for physically delicate individuals who struggle not only with their bodies, but with the feelings of victimization and doom that often accompany chronic ill-health.

### Application

#### INHALATION

- direct inhalation, diffuser, oil vaporizer, steam inhalation



- Inhale for psychological and respiratory benefits.

#### TOPICAL

- massage, compress, bath, sitz bath, douche, liniment, skincare
- Tea Tree has the wonderful property of effectively fighting infections without harming tissues.
- It can be used 'neat' (undiluted) for cuts and scrapes. Try putting a dab of Tea Tree on a spot of acne to help to clear it up.
- Mix Tea Tree oil with Lavender 1:1 for a soothing, natural antibacterial topical application for children.
- As an insect repellent, apply drops to exposed areas.
- Dilute in water for a mouth rinse or for other sensitive areas.
- Tea Tree by itself isn't a good skin penetrator. Adding oils rich in cineole and limonene to the blend will help with skin penetration.
- Tea Tree essential oil is particularly effective at targeting Candida infections in many regions of the body: Vaginal suppositories can be 'spiked' with a small amount of the oil.

#### Aromatherapy Details

- This Tea Tree essential oil has a fresh, pungent and herbaceous top note, a slightly spiced medicinal and camphoraceous middle note and a balsamic, earthy undertones.
- Tea Tree essential oil blends well with: [geranium](#), [clary sage](#), [lavender](#), [lemon](#), [myrrh](#), [rosemary](#), [rosewood](#) and [thyme](#).

#### Therapeutic Properties

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**Airborne antimicrobial:** Tea Tree is well suited to diffusion as an aerial antiseptic. It has an outstanding effect against a wide spectrum of microorganisms, such as *Staphylococcus* species (including MRSA), dermatophytes and *Candida* species (Lang and Buchbauer 2012). Edward-Jones *et al.* (2004) demonstrated that the vapors of Tea Tree in conjunction with Geranium were the most active against MRSA of all the oils and combinations investigated.

**Analgesic:** Tea Tree can reduce pain. One of its significant components—terpinen-4-ol—has anti-inflammatory and antinociceptive actions (Guimarães *et al.* 2013).

**Anti-acne:** Tea Tree oil has excellent potential in the treatment of acne because of its antibacterial and anti-inflammatory actions (Enshaieh *et al.* 2007). It reduces the number of lesions. The components, including terpinen-4-ol,  $\alpha$ -terpineol, and  $\alpha$ -pinene, are active against *Staphylococcus aureus*, *S. epidermidis* and *Propionibacterium acnes* (Sinah *et al.* 2014).



**Antihistaminic:** see **anti-inflammatory**

**Anti-inflammatory:** Terpinen-4-ol has anti-inflammatory action (Lahlou *et al.* 2003). Tea Tree and terpinen-4-ol can alleviate allergies by suppressing histamine release and cytokine production (Edris 2007).

**Antibacterial:** See **airborne antimicrobial** and **anti-acne**.

**Antifungal:** Tea Tree is active against dermatophytes, and can be blended synergistically with Lavender (Cassella, Cassella and Smith 2002). It is also active against clinical *Candida* species, as is its component 1,8 cineole (Kordali *et al.* 2005). Ramage *et al.* (2012) demonstrated that Tea Tree's principal component, terpinen-4-ol, reduced the expression of interleukin-8, a major inflammatory mediator in oropharyngeal candidiasis. They also suggested that there may be a synergistic effect between eugenol in Clove oil and terpinen-4-ol.

**Antispasmodic:** Terpinen-4-ol is anti-inflammatory and also antispasmodic (Lahlou *et al.* 2003). See also **expectorant** and **vasodilator**.

**Antiviral:** Mixtures of some monoterpenes in Tea Tree oil have significantly greater antiviral action and lower toxicity than individual isolated monoterpenes (Astani, Reichling and Schnitzler 2010). Tea Tree oil has an inhibitory effect on a subtype of H1N1, and shows promise in the treatment of influenza, having replication at non-cytotoxic concentrations (Garozzo *et al.* 2009).

**Decongestant:** See **expectorant**.

**Expectorant:** One of the components, 1,8 cineole, has an expectorant effect (Ulmer and Schott 1991 cited by Bowles 2003). Tea Tree essential oil and terpinen-4-ol can suppress histamine release and cytokine production, which causes allergic symptoms (Brand *et al.* 2002; Koh *et al.* 2002). This may in turn help prevent bronchoconstriction in cases of allergy. See also **antispasmodic**.

**Immunostimulant:** Tea Tree's main actions—antimicrobial, antiviral, anti-inflammatory, and antiallergy—combine to create good immune system support.

**Vasodilator:** See also **antispasmodic**. Terpinen-4-ol induces smooth muscle relaxation resulting in hypotensive effects (Lahlou *et al.* 2003).

## Safety

Generally non-toxic but may cause skin sensitization in some individuals. Always test a small amount first for sensitivity or allergic reaction.

Potential for Skin Irritation: Medium (some people have no reaction to tea tree directly on the skin, while others have extreme reactions—please exercise caution).

If pregnant or breast-feeding, please consult a physician before use.



Oxidized Tea Tree oil can cause slow healing and extensive chemical burns when applied to the skin. Be sure to keep your oil in dark bottles away from light.

Tea Tree Essential Oil may cause dermal sensitization in some people. Do not take internally.

Not Safe to diffuse around pets

[All About Tea Tree](#)

[Ways To Heal With Tea Tree](#)

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