

TEA TREE

Melaleuca alternifolia

Naturally first for first aid

Source:	Australia
Extraction:	Steam or water distillation of leaves and stems.
Blending Factor:	3
Odour Note:	Top

Characteristics:

Tea Tree is a clear, colourless to pale yellowish green fluid with a penetrating, green, herbaceous, warm, and camphorus odour.

Safety Precautions:

Nontoxic and non-irritant but possibly sensitising to some users. Can oxidise if stored in clear glass bottles. The oxidised product is a potent skin irritant that can cause erythema and oedema of the skin. No oxidation occurs when kept in amber bottles.

History:

This essential oil is native to Australia, specifically NSW. The Australian Aborigines have recognised the virtues of tea tree for millennia. They would crush the leaves and inhale the aroma or spread them on the affected area on the body and then seal with the clay.

The name is said to have been coined by James Cook who had the leaves brewed as a tea for the prevention of scurvy. Cook introduced the tree to Europe but it did not gain prominence until the early 20th century, when scientific testing exposed it as a powerful medicine and bactericide. Tea Tree has been dubbed '*the first aid kit in a bottle*'. In the days before antibiotics, it was used to dissolve pus and clean the surfaces of cuts, wounds and abrasions. Tea tree has since become one of the most investigated of all essential oils.

Therapeutic Actions:

Antimicrobial, antiseptic, antifungal, antibacterial, antiviral, immuno-stimulant, restorative, cicatrisant, parasiticide, circulatory stimulant

Enhances:

Healing, cleansing, stamina, vigor

Reduces:

Colds and flu, infections, inflammation, respiratory problems

Uses:

Respiratory system: Bronchitis, cough/colds, sinusitis

Skin: Abscesses/boils, acne, athlete's foot, cuts/wounds
Insect bites, fungal infections, chicken pox spots

Methods for use:**Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 5 drops of essential oils in a bowl of hot water.

Blends well with:

Cajeput, Citrus Oils, Clary Sage, Cypress, Eucalyptus, Ginger, Geranium, Juniper, Lavender, Lemongrass, Marjoram, Peppermint, Rosewood, Rose, Rosewood, Sandalwood and Thyme.

Colds and Flu		Acne Cleanser		Sweaty Feet - Footbath	
Tea Tree	3	Tea Tree	3	Tea Tree	2
Lavender	8	Eucalyptus	2	Cypress	3
Eucalyptus	4	Bergamot	5		
Total drops	15	Total drops	10	Total Drops	5
In Carrier	30 ml	In Carrier Oil	20 ml	Water in footbath	