

80 USES OF TEA TREE OIL FOR SURVIVAL

For thousands of years, the derivatives of the Malaleuca Tree have been effective in treating a wide variety of ailments. Here are 80 reasons why you should use it, too!

Abrasions & Minor Cuts: After cleaning the area well, apply a few drops of the oil directly. If a bandage is needed, allow a few drops of the oil to penetrate a cotton ball, then lay it face down on the wound with a bandage on top.

Acne: Add a drop to your normal cleansing routine or dab a very small amount on acne breakouts. You can also add 20 – 40 drops of the oil to your regular face wash.

Air Freshener: Keep a supply of cotton balls soaked in tea tree oil packed away in a plastic bag or tin. When confronted with foul smells from cooking, musty orders from dampness or even the medicinal smell in a sick room, take a few out the freshen the air and remove the nasty smell.

Allergies: Use topically by massaging into the chest, abdomen or the reflex points of the feet.

Arthritis: To help reduce pain associated with the swelling of arthritis, add 20 drops of tea tree oil to 2 ounces of grapeseed or other carrier oil. Massage into affected area 2-3 times a day.

Asthma: Add a few drops of oil to a pan of water and heat on stove. When cooling, drape a towel over head and breath in for a few minutes.

Athletes Foot: Clean feet thoroughly, especially between toes. Add oil directly to feet every two weeks, dusting with corn starch after. Or add 10 drops oil to 1 tbsp of grapeseed or other carrier oil and massage on feet and between toes daily.

Baby Care: Keep your diaper pail clean and fresh with a spray of tea tree oil mixed with water.

Bacterial Infections: Use topically, either massaging into the reflex points of the feet, adding several drops to a bath or cautiously applying over an infected site.

Bad Breath: Rinse with 1 ounce water and 1 drop oil. Do not swallow!

Bladder Infection: In a shallow bath, add 10 – 15 drops of oil. Sit and wash area carefully.

Blisters: Wash area carefully, then apply as for cuts and wounds.

Boils: Apply a warm washcloth for a few minutes. Then apply a drop or two of oil to the area – the infection should rise to surface and eventually be released.

Bronchial Congestion: Use as directed for Asthma. Add 5 – 10 drops to 1 ounce of carrier oil, and massage into chest and throat 2 – 3 times daily.

Bronchitis: Add 1-2 drops to a pan of hot water and breath in the steam, or massage the oil over the chest.

Bruises: After icing, apply oil as directed for Arthritis.

Bunions: Massage area with 5 drops oil to 1 tbsp. of carrier oil.

Burns: Run icy cold water on area. After a few minutes, add a mix of 5 drops oil with 1 tsp. raw honey. Repeat 3 – 5 times daily.

Calluses & Corns: Massage area with 5 drops oil to 1 tbsp. of carrier oil. Repeat 2 times daily. Once the corn or calluses have become soft use tweezers to remove, and apply a few drops of tea tree oil and cover with bandage.

Canker Sores: Apply a drop or two of oil directly to infected area with a cotton swab, 2 times daily. Also, rinse as directed for bad breath.

Carbuncles: Add a drop or two of oil to cotton swab and apply directly to carbuncle. Repeat twice daily.

Chapped Lips: Add 1 or 2 drops of oil to lip balm. Apply to lips as necessary.

Chicken Pox: Apply a drop of oil directly to blisters. Allow to dry, then dust with corn starch. Repeat every few hours or until blisters disappear.

Chigger Bites: Apply a drop of oil directly to bites.

Cold Sores: Apply a drop or two of oil directly to the sore with a cotton swab. Re-apply 2 – 3 times daily.

Coughs: Use for bronchial infections. For a vaporizer, add 10 drops to steamer and leave on 5 to 10 min

Dandruff: Add 20 – 30 drops oil to any shampoo. Apply a few drops to scalp and massage after washing.

Dermatitis: Add 10 drops oil to 1 tbsp of grapeseed or other oil and massage into affected areas. Repeat 2-3 times daily.

Dry Skin: Add 5 drops oil to 1 tbsp sweet almond oil. Massage into skin.

Earache and Infection: Add 2 – 3 drops of oil to 2 tbsp warm olive oil. With a dropper, drop a small amount into aching ear, tilting head to one side for a moment. Use cotton swab to absorb oil. Repeat 2 – 3 times daily.

Eczema: Add 10 drops oil to 1 tbsp grapeseed oil or coconut oil and massage into affected areas. Repeat 2-3 times daily. Also can be applied undiluted.

Emphysema: Use as directed. For a vaporizer, add 10 drops to steamer and leave on 5 – 10 minutes.

Flea Bites: Apply a drop of oil directly to bites.

Gout: Add 10 drops of oil to 2 tbsp of carrier oil; massage into affected area 2-3 times a day.

Gum Disease: Create a mouthwash with purified water, 1 drop of peppermint oil and 1 drop of tea tree oil.

Head Lice: Add 20 drops of oil to 2 tbsp shampoo. Massage into scalp and hair, leave on for 10 minutes. Rinse. Repeat 3 – 4 times daily, until eggs are gone.

Hives: Add 10 drops of oil to 4 tbsp of witch hazel. Apply with cotton ball. Or, mix with coconut oil (which is naturally healing and soothing itself) and gently apply to the infected areas.

Homemade Mouthwash: Make a simple homemade mouthwash with purified water and tea tree oil.

Household Cleaning: Can be used aromatically or added to homemade cleaners to kill germs and prevent the spread of colds and flus. You can make a general tea tree cleaner by combining 2 teaspoons of tea tree oil with 2 cups of water in a spray bottle. Shake to blend and use for household cleaning tasks. This is especially good in the bathroom and in toilets.

Immune System: To stimulate the immune system, diffuse through the air on a regular basis, massage into the soles of the feet to increase your immune response.

Infected Wounds: Adding the oil to steaming water, hold the infected area over the steam. Or dilute 1 drop of tea tree with 1 cup of water and rinse the infected area 1-2 times a day, as needed.

Inflammation: Massage over the inflamed areas, gently and always toward the heart, or diffuse and inhale the tea tree oil directly or indirectly.

Ingrown Hairs: Add 1 – 2 drops of oil directly to area. Repeat every 2 hours or until signs of infection disappear.

Insect Repellent: Add 15 drops to a quart of water and use as an effective insect repellent.

Jock Itch: Apply 10 to 15 drops of oil to 2 tbsp of carrier oil. Apply 2 x daily. Dust with corn starch, to reduce chapping.

Laryngitis: Add 5 to 10 drops and pinch of sea salt to 1 cup of warm water, gargle 2-3 X a day. Don't swallow!

Laundry Helper: Add 1/2 teaspoon of oil to your laundry for towels and other fabric prone to getting moldy.

Mildew and Mold Remover: Spray an all-purpose cleaner made with 2 teaspoons of tea tree oil and 2 cups of water on growing mold and mildew. Shake well before using and do not rinse.

Mosquito Bites: Apply a drop of oil directly to bites.

Muscle Aches and Pains: Add 10-15 drops of oil to half cup Epsom salts, and dissolve in bath. Add 10 drops of oil to 2 tbsp of carrier oil. Massage well.

Mumps: Massage over the body and into the feet, and diffuse through the home.

Nail Fungus: Add 1 – 2 drops of oil directly to nail and the surrounding tissue. Allow to dry completely on hands before touching anything. Repeat morning and night for a week.

Pest Control: Household ants and other pests dislike Tea Tree Oil, so a few drops put at the point of entry will deter them. Wipe cupboards out with an oil and water solution to keep ants away.

Plantar Warts: Apply oil undiluted to affected area 2-3 times daily.

Psoriasis: Add 10 drops oil to 1 tbsp carrier oil and massage into affected areas. Repeat 2-3 times daily. Also can be applied undiluted.

Rashes: Mix with coconut oil and massage over the affected areas.

Rheumatism: To help reduce pain associated with rheumatism, add 20 drops of tea tree oil to 2 ounces of carrier oil. Massage into affected are 2-3 times a day.

Ringworm: Apply a drop or two of oil undiluted, repeat 2 times daily. Can also mix 1 drop of tea tree oil with 1 drop of lavender oil for added benefit.

Rubella: Dilute as needed and massage into the affected areas.

Scabies: Apply 1 – 2 drops of oil directly to area in the morning and at night.

Sciatica: Add 10 drops oil to 1 tbsp carrier oil and massage into affected areas. Repeat 2-3 times daily. Also can be applied undiluted.

Seborrhea: For skin: Add 10 drops oil to 1 tbsp of carrier oil and massage into affected areas. Repeat 2-3 times daily. For scalp: Add 10 drops of oil to 2 tbsp shampoo. Massage into scalp and hair, leave on for 10 minutes. Rinse. Repeat 3 – 4 times daily. Bath: Add 10-15 drops of oil to bath.

Shingles: Add 10-15 drops of oil to half cup Epsom salts, and dissolve in bath. Add 10 drops of oil to 2 tbsp of grapeseed oil or coconut oil and massage well.

Shock: Massage tea tree oil into the soles of the feet as needed.

Sinusitis: Use as directed for bronchial infections. For a vaporizer, add 10 drops to steamer and leave on 5 – 10 minutes. Also add 2 drops to a neti pot.

Sore muscles: Fill your bathtub with warm water. Add a few drops of tea tree oil to relax tight muscles.

Sore Throat: Add 2 drops of oil to 1 cup of warm water with pinch of sea salt, gargle 2-3 x a day. Don't swallow!

Staph Infection: Best used topically, rubbed into the soles of the feet to increase the immune response and fight infection.

Stye: Add 5 drops oil to a pan of steaming water. Drape towel overhead and steam 5 minutes. Apply warm compresses directly to stye.

Sunburn: Mix 1 TB coconut oil with 1 drop of tea tree and 1 drop of lavender and gently apply to burned areas.

Tattoos: Apply after tattoos to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.

Thrush: Gargle with sea salt, warm water and 1 drop of tea tree.

Ticks: Apply a drop or two directly to the tick and the surrounding area.

Toenail fungus: Rub the tea tree oil directly onto the affected toenail and underneath the tip of the nail. Apply 1 to 2 drops of tea tree oil. Apply the oil once a day, preferably at bedtime.

Toothbrush Cleaner: Apply oil directly to toothbrush 1-2 times a week to kill bacteria.

Tonsillitis: Inhale from steaming water with tea tree, gargle, and massage into neck and soles of feet.

Vaginal Infection: Add several drops to the bath water.

Viral Infections: Diffuse tea tree oil throughout the home or inhale from steaming water.

Warts: Apply undiluted directly to wart. Use morning and night, until wart begins to disappear. Dilute if necessary for sensitive skin.

Wounds: Soak wounded area in water with tea tree oil, or spritz from a bottle of water with several drops of oil. Depending on the wound and your own sensitivity you may be able to apply directly.