

*Discover...*

# Tea Tree

*Melaleuca alternifolia*

*Steam Distilled*

*Cleansing, Stimulating, Restorative*

**Spicy, slightly medicinal scent, known for its powerful antibacterial, antifungal, antiviral, and anti-inflammatory properties.**

*Tea Tree Oil has a relatively short history compared with most essential oils. It first became popular after an Australian study conducted in the 1920s showed that Tea Tree Oil exhibited powerful antiseptic properties. It is known for its cleansing and purifying ability and has been used traditionally as an effective treatment against a wide range of skin conditions- such that several cosmetic companies have incorporated tea tree oil in products treating everything from acne to cold sores, infections, and lice. Its antiviral properties may even help prevent against and lessen symptoms of cold & flu and commonly used by the aboriginal peoples of Australia for this purpose. The name originates from Captain Cook who had observed the Bundjalung people of Eastern Australia use the leaves to make a healing tea.*

**Topically\*:** *Apply to affected skin conditions to disinfect and promote healing. Tea Tree has been shown to be as effective as the drug clotrimazole in treating nail fungus and as effective as benzoyl peroxide in the treatment of acne and with fewer side effects.*

**Aromatically:** *Added to a diffuser or steam bath, Tea Tree oil can promote respiratory health and soothe scratchy and dry throats.*

**Blends well with...**

**Thyme and Rosemary** for a cleansing spray or to purify the air

**Lavender** to soothe skin conditions

**Eucalyptus** to ease respiratory symptoms

**Cedarwood and Pine** for household uses

**More Tips & Common Uses:** *Add Tea Tree oil to a spray bottle filled with water for a great disinfectant spray, use with a roller ball (diluted in a carrier oil) to spot treat skin problems; Spray around the house to repel insects and combat mold & mildew; Add to any of our great recipes for hand creams, lotions, body butters and more.*

**As a Flavor:** *While Food Grade from LorAnn, Tea Tree is not prized as a flavor. While small amounts of Tea Tree can be found in many toothpastes, mouthwashes, gargles and other over-the-counter products, we do not recommend taking Tea Tree oil internally; it can be toxic when ingested.*

\* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** *The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.*