



# Tea Tree Essential Oil

by  
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Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# Tea Tree Essential Oil

Tea Tree oil has a strong distinctive disinfectant scent, it's a powerful antiseptic that can be used to treat anything from athletes' foot to bites and stings.

## ***About Tea Tree***

Most people have heard or come across Tea Tree essential oil usually in connection with its antiseptic properties and yes, it is a powerful antiseptic which is excellent for using on bites, stings, cuts and sores but it is also an insecticide and makes a good insect repellent.

It is also great for fungal infections such as athletes' foot and candida due to its anti-fungal properties, not to mention being a great antiviral which can be used to relieve colds, flu and cold sores.

Tea Tree essential oil is also effective in boosting the immune system helping the body fight existing viruses and infections and strengthening the immune system to prevent viruses and infections from invading the body due to its anti-viral properties.



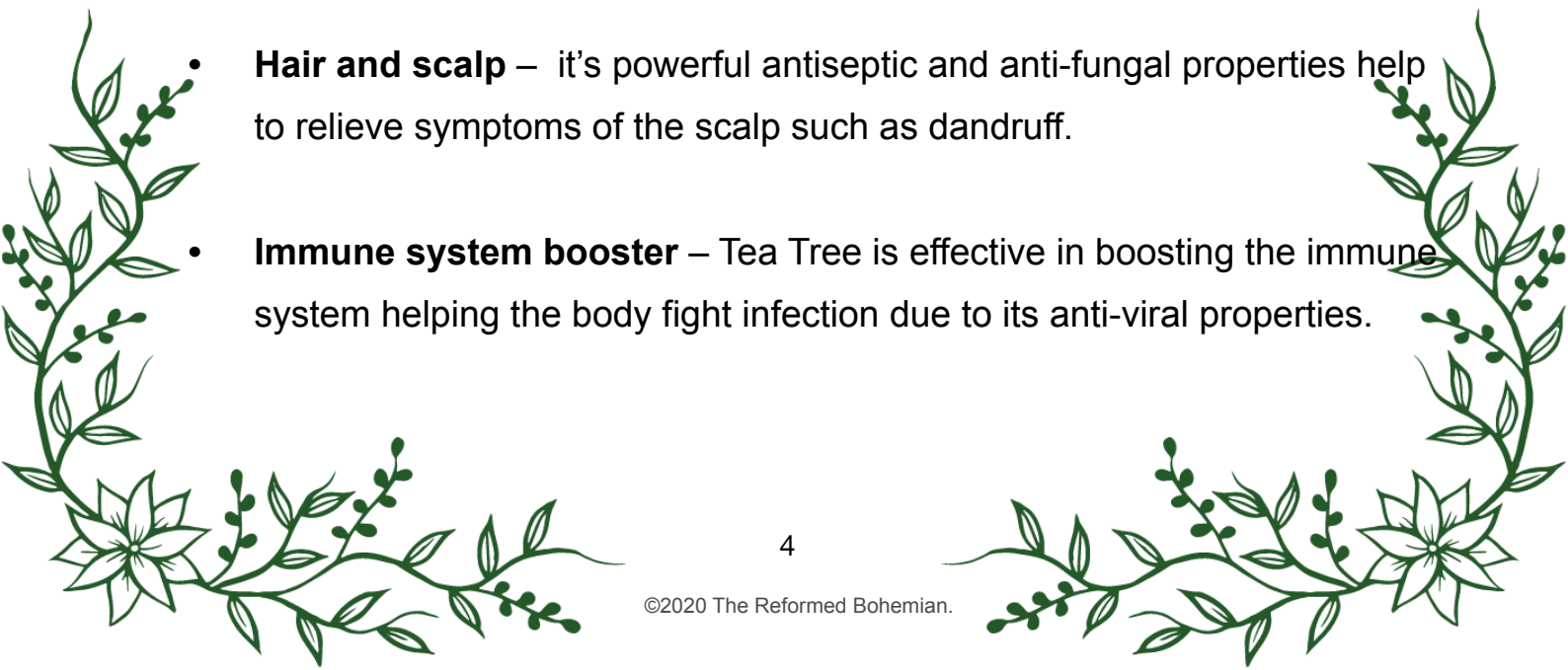
# Healing Properties Of Tea Tree Essential Oil

Tea Tree essential oil has the following healing properties:

## ***Properties***

*Powerful antiseptic, anti-fungal, anti-viral, expectorant and insecticide.*

- **Fungal infections** – Tea Tree has beneficial anti-fungal and anti-viral properties which make it effective in relieving symptoms of candida, athletes' foot, warts and verrucae.
- **Viral and bacterial infections** – due to its powerful antiseptic and anti-viral properties it is effective in soothing symptoms of colds, flu, cold sores, acne and cystitis.
- **Insect repellent** – Tea Tree makes an excellent insect repellent and great for soothing stings and bites due to its antiseptic and insecticidal properties.
- **Respiratory tract infections** – sinusitis, bronchitis, colds and flu can all be soothed by Tea Tree essential oil which is effective for use in respiratory tract infections due to its anti-viral and expectorant properties.
- **Hair and scalp** – it's powerful antiseptic and anti-fungal properties help to relieve symptoms of the scalp such as dandruff.
- **Immune system booster** – Tea Tree is effective in boosting the immune system helping the body fight infection due to its anti-viral properties.



# ***Ways to use Tea Tree Essential Oil***

## **Diffuse**

- Tea Tree essential oil can be used in diffusers or oil burners. Using basil essential oil in this way is particularly beneficial in relieving colds, flu and sinusitis. It is also effective as an insect repellent.

Diffuse 1 - 3 drops of Tea Tree essential oil in an oil burner or diffuser.

## **Bath**

- Tea Tree essential oil can be added to a warm bath to relieve bites and stings and also fungal issues such as candida and athletes' foot. It can also be helpful in relieving urinary tract infections such as cystitis.

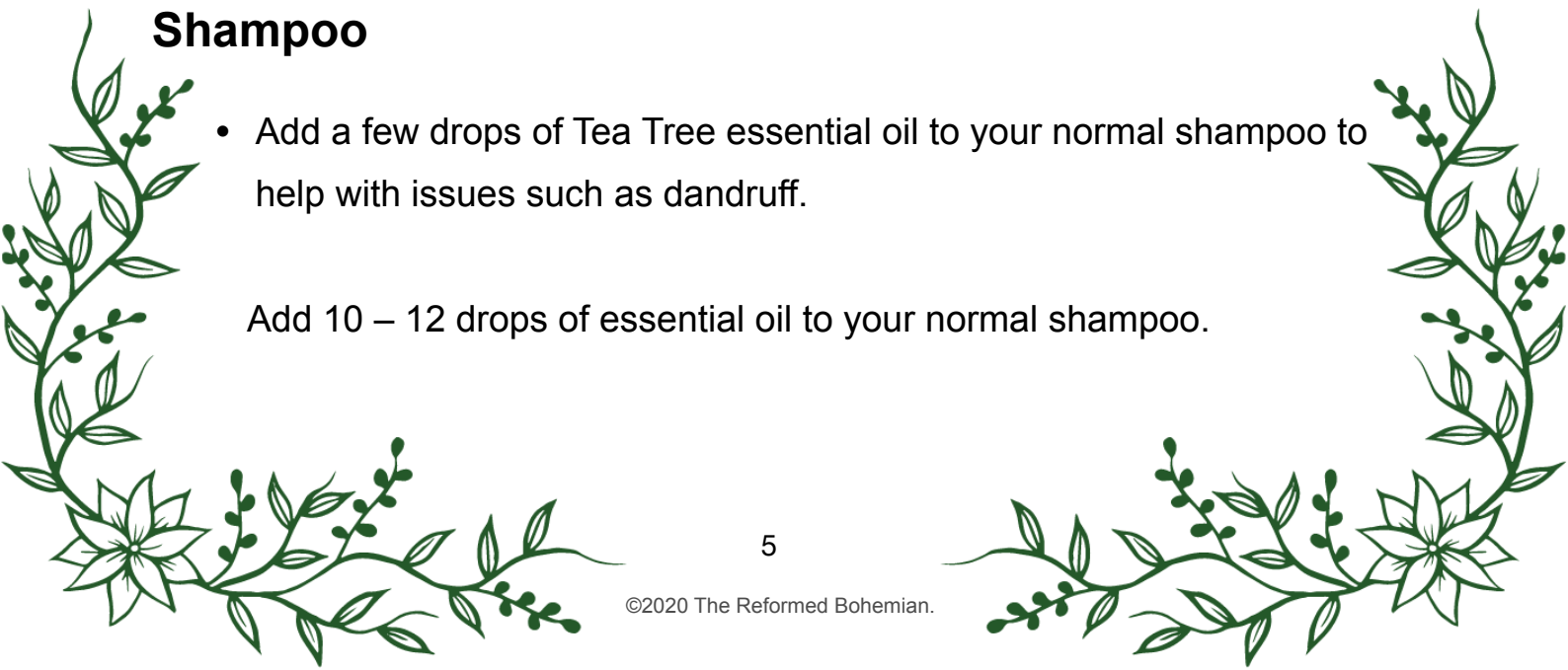
Add 1 - 3 drops of Tea Tree essential oil to a warm bath.

**Note:** Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.

## **Shampoo**

- Add a few drops of Tea Tree essential oil to your normal shampoo to help with issues such as dandruff.

Add 10 – 12 drops of essential oil to your normal shampoo.



## Cream

- Adding a few drops of Tea Tree to a base cream is a great way of harnessing Tea Tree's antiseptic and anti-viral properties to treat minor cuts and scrapes and to soothe skin conditions such as acne and cold sore. It can also be used to treat bites, stings and burns.

Add up to 12 drops of Tea Tree essential oil to 30 ml of base cream.

## Inhalation

- Inhaling Tea Tree essential oil is effective in helping to relieve symptoms associated with respiratory tract infections such as colds and bronchitis, coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Tea Tree essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

**Note:** Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.



# Blends

Whilst most essential oils can be used together some oils can overpower other oils. Tea Tree goes particularly well with oils such as:

- Bergamot
- Cypress
- Eucalyptus
- Grapefruit
- Juniper Berry
- Lavender
- Lemon
- Marjoram
- Nutmeg
- Pine
- Rose Absolute
- Rosemary
- Spruce



## Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist. Tea tree oil especially is not advised to be taken internally as it can be toxic when ingested.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Tea Tree is one such oil.





# *About The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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