



Information Sheet – Tea Tree

Tea Tree essential oil is an exceptionally powerful antiseptic, being 12 times as strong as carbolic acid or phenol, the widely used chemical disinfectant. It has the advantage of being hypo-allergenic and non-toxic and it may also be effective against a range of bacterial, viral and fungal conditions. Its aroma is an effective insect repellent.

Properties, effects and methods of use:

Respiratory

Antiseptic and anti-inflammatory: eases, colds, flu, alleviates sore throats, tonsillitis, and gum disease; eases bronchitis, chesty coughs and congestion. Used in gargles, mouthwashes, compresses, inhalations, vaporizers or application.

Skin

Cleansing, cooling and anti-fungal; relieves boils and rashes; soothes sunburn; encourages open skin to heal while protecting it from infection; relieves athlete's foot and nail bed infections. Used in masks, compresses, foot or hand baths or application.

Digestive

Bactericidal, anti-viral and anti-fungal; eases mouth ulcers; calm diarrhoea and relieves gastroenteritis. Used in mouth washes, compresses, application or massage.

Gynaecological

Anti-fungal; can help to clear vaginal thrush. Used in sitz baths, douches, baths or application.

Oils should be diluted before use.