

The Essential Tea Tree Oil Guide – Benefits, Solutions for Skin and Hair Improvement

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Nature has one of the most potent medications for every disease in the book and sometimes they are more effective than your average over the top medication. Tea tree oil is one essential oil, which is used to treat common ailments and even used as a DIY cleaner, and this is just one minuscule part of its numerous uses, there is so much more to this oil. Simply put, [tea tree oil is one versatile essential oil](#) which we simply cannot have enough of.



To start with, have you ever found an essential oil which can make numerous homemade cleaning products, which can diffuse in the air to kill mold, be applied on your skin to heal skin problems and even ingested to curb viral infections?

And to top it off, you will be surprised to know it has become the mainstay in a number of cosmetic products to household products. So, you have got tea tree oil in your shampoo and as well as your skin-friendly detergent. Tea tree's natural antiseptic and anti-inflammatory properties may have something to do with its enormous popularity.

History of Tea Tree Oil

Tea tree oil is one of the oils which has enjoyed considerable clout not only in the world of natural medicine but also science. Extensive research on this has come up with findings and conclusions that have reiterated some of the claims made by proponents of the natural field of medicine.

It is taken from a shrub-like tree called *Melaleuca alternifolia*. You are more likely to find this tree along streams and the swampy areas of Australia. It was in the 1920's that a chemist named Arthur Penfold studied the properties of native volatile oils, delving deep trying to find out about its unique properties and molecular breakdown, putting his mind into the finding of the chemical variations within plant species.



It was while he was studying phytochemistry that he found that tea tree oil emerged as a frontrunner among the other essential oils all thanks to its powerful antiseptic properties. Though Mr. Penfold can be clearly credited for starting the commercial tea tree oil industry, but in all actuality, he rediscovered the plant as the native aboriginals were already using tea tree oil, and the benefits of the same have been enjoyed for ages together. So let us take a leaf out of the books of the aborigines and find out more about tea tree oil benefits.

Benefits of Tea Tree Oil

So now are you a newly transformed tea tree oil connoisseur? Well, you don't have to rack your brains to find out how you can use this particular oil. The uses are just too many and we are listing out some of the top ones which will change your life and obviously for the better.

- 1. Tea Tree as an effective acne solution**– Are you someone who are suffering from a bad bout of acne? Count yourself in the club using-a –lot-of-medications-but-no-results! Yes, [people who suffer from acne](#) can relate to that and how over the counter medicines make your skin look dry, red, peeling and not getting any better. Tea tree oil has the potency of a benzoyl peroxide but without any of the above-mentioned side-effects.



2.

The Solution: Mix five drops of pure tea tree essential oil with two teaspoons of raw honey. Rub the solution on your face, let the solution stay on for one minute and then rinse off.

2. Sore throat today gone tomorrow- It can help fight an infection, especially when you have a throat infection, it fights the inflammation in the mucous membrane and if you use at the right time, [you can stop your sore throat infection](#) from going chronic.



The Solution: Here is what you can do, put just 1 drop of tea tree oil into a glass of warm water, gargle with it at least once a day. You may try to spit out the solution and not swallow it as the solution is pretty strong. Even if you do, no sweat, just, try to spit out most of it. Now if you want to make your solution stronger still, just add 2 teaspoons of salt, which because of osmosis, draws out the excess water out of the mucous membranes that causes discomfort.

3. The nemesis of psoriasis- Psoriasis is a condition characterized by red, scaly and inflamed areas of the skin. This condition results when dead skin cells accumulate on the surface of the skin, which can form thick silvery scales or red, dry and itchy patches that can be painful and cause irritation. While it has no

cure, the discomfort can be eased by using tea tree oil, thanks to its anti-inflammatory properties, and it may also help speed healing.



One of the chief tea tree oil uses is [getting relief from psoriasis](#), as it helps to remove those dry and dead skin cells that cause it. Its antibacterial, antimicrobial, antiviral, antifungal, antiseptic and anti-inflammatory properties work to relieve itching, redness, and the burning sensation. It controls the proliferation of skin cells and contains a compound which offers relief from the itching and other symptoms, as it penetrates deep into the layers of the skin and reduces the scars as well.

The Solution: If you want to treat psoriasis, use the potent combination of tea tree oil and coconut oil. Blend 10 drops of tea tree oil along with 2 tablespoons of melted coconut oil. Apply the combination on the affected area. Repeat the procedure several times a day for effective results.

4. Tea tree oil to eradicate nail fungus- Nail fungus is an unpleasant condition that can cause both physical and psychological discomfort. You can use tea tree oil mixed with water or you can even mix it with coconut oil and the fungus-fighting properties [help to target the nail fungus](#).



The Solution: Take a tablespoon of coconut oil and then blend in 4-5 drops of tea tree oil. Store the blended oils in an airtight glass container away from direct sunlight, and keep applying the concoction without fail on to your toes or other affected area twice a day.

5. A perfect solution for dry and damaged hair, Tea Tree Oil- Tea tree oil has reportedly great solutions for dry hair, dandruff and also lice in hair. It has soothing properties which can [solve your hair woes](#) with persistent treatment.



The Solution: A tea-tree oil shampoo will certainly get the nod of approval of a trichologist. Blend several drops of tea tree essential oil with the goodness of hair-friendly natural solutions aloe vera gel and coconut milk. A few drop of lavender oil will also do the trick pretty effectively. Shampoo as and when required and watch your hair woes go permanently.

6. Mini medicine cabinet, tea tree oil- Your medicine cabinet can never be complete without tea tree oil. Instead of reaching out for antiseptic lotion every time someone has a minor cut and abrasion, instead make a solution with tea tree oil. The antimicrobial action of tea tree oil cleanses the area and kills any sort of infection.

The solution: Clean the area thoroughly with soap and water, and take care that you rinse off the soap really well, just ensure that when you apply the solution there is no soap left on the skin. Blend one drop of tea tree oil with 1 teaspoon of coconut oil and dab the oil onto the cuts directly. Clean the area and reapply at least 1-2 times every day or till you get results. Another way of using this solution is to apply a bit of the tea tree coconut oil mixture on an adhesive bandage and just place it on the affected area.

7. A fragrant solution- Body odor is something most people cannot endure and we use deodorants and antiperspirants galore which can eliminate the body odor for sure, but more and more evidence is clearly stating that they are toxic and cause toxic overload in our body. So, a homemade solution constituted by tea tree oil can be the perfect you need.



The fact that tea tree oil has antimicrobial properties can eliminate the proliferating bad bacteria, which are the chief cause of body odor.

The Solution: An [effective homemade deodorant](#) is very much possible which by blending it with coconut oil and baking soda. Athletes and wannabe athletes swear by the combination of tea tree oil and lemon essential oil to their shoes and sports gear to keep out the sweat and ensure that their feet and body feels fresh.

8. Bye bye bad breath-Your mouth, unfortunately, is the dirtiest place in the entire body. It is what you can call a receptacle of good and bad bacteria. Bad breath results from an overgrowth of unwanted bacteria.



Here comes Tea tree oil to the rescue, since it has bacteria-slaying properties which uproot the problem from the source, preventing bad breath effectively. It is certainly not what you can call a cure, but an effective tool to add to your oral hygiene regime.

The Solution: Quite like your sore throat solution, you can blend a drop with a cup of warm water and swish it around your entire mouth, and spit out. Like coconut oil-pulling, you gargle and spit out the bad bacteria. Repeat the procedure at least twice a day.

9. Wart remover- Warts are not exactly something you are terribly proud of, they are instead something you would rather get rid of quickly. Tea tree oil, with its antiviral and antiseptic properties is able to fight against the virus quite effectively.



The Center for Disease Control and Prevention claims that most people carry some form of the human papillomavirus (HPV), which results in wart formation on the hands, feet or genitals. Tea tree oil application puts a lid on the infection and also on the further development of fungi and bacteria. This reduces inflammation and consequently the other symptoms such as redness, and irritation. The potent antimicrobial is known as terpinen-4 and attacks the virus which causes warts. After the application of tea tree oil, the wart dries up and sloughs off naturally.

The Solution: Here is how you can use tea tree oil to remove warts. Wash and disinfect your hands and the area around the wart. Then, apply just a drop of pure tea tree oil directly to the wart. Remember to apply a bandage right over it and leave it on for at least eight hours, or even for the entire night. In the morning, you can remove the bandage and clean the area. Repeat the process and place a fresh bandage on at night again. This process should be followed to the tee, till you see any visible results. Typically, you can get a result within one to four weeks.

10. A DIY cleaner- It is true that you always have to rely on chemical filled solutions to try and make your countertops clean, but you can put a stop to this with the help of tea tree oil.



The Solution: Make a gentle and all-purpose cleaner by mixing 20-25 drops of tea tree oil with $\frac{1}{4}$ cup of water and also a $\frac{1}{2}$ cup of distilled white vinegar in a spray bottle. Shake well before you use the solution and spray directly onto the surfaces you want to clean. Wipe off with a clean cloth. The oil won't mix with the water or vinegar easily, so you have to constantly shake the bottle. Though the solution is perfectly harmless, you might experience a slight irritation on the skin. So try and avoid spraying directly on the skin.

Where can I buy tea tree oil? That is one question that comes to the mind of some people who are eager to try out different tea tree oil hacks. Well, you can easily get it online, or at any store which keeps essential oils. Also, tea tree oil is really potent and some people experience mild irritation on the skin. If that is the case, dilute the oil with a carrier oil like grapeseed oil, olive oil, almond oil or similar. So, explore the many benefits of tea-tree oil and embrace the natural way of health, wellness and healing.

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