

# My Melaleuca Journey

Wednesday, May 8, 2013

## Melaleuca Tea Tree Oil - Many Beneficial Uses - No Household Should be Without!

My next topic is the Melaleuca Tea Tree Oil. Tea tree oil is derived from the tea tree plant, *Melaleuca alternifolia*, and is native to Australia. I have not had the opportunity to personally use this oil but have read a lot of good things about it. I was at work the other day and a co-worker was telling me this story about her foot. She continued to show me her "good" foot but would not let me see the one that she was having a problem with. I figured it must have looked pretty bad. She said she had been dealing with her problem for months. She had even tried soaking her foot in water and bleach (yikes)! She wasn't sure whether it was fungal or bacterial. I gave her a bottle of my Melaleuca tea tree oil and told her to try it. Several days later, I seen her at work and asked her if the oil had helped at all. She pulled off her shoe and sock (from the once "infected" foot) and said, "LOOK, my foot is all cleared up". I was SO happy for her! And, impressed with the oil.

I have compiled a list of suggested and possible Tea Tree Oil uses;

**Acne** - this is a common use for the tea tree oil - add a drop to your normal cleansing routine or dab a small amount on acne breakouts.

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

**Athlete's Foot** add a drop to your shoes, massage into your feet, or soak in a foot bath of sea salt and 2-3 drops of melaleuca oil.

**Bacterial Infections** use topically, either messaging into the reflex points of the feet, adding several drops to a bath or applying over an infected site.

**Boils** - apply a small amount of Melaleuca oil directly over the site.

**Bronchitis** - add 1-2 drops to a pan of hot water and breath in the steam, or massage the oil over the chest and into the feet.

**Candida** - apply to the area of concern. Dilute if necessary.

**Canker Sores** dab a small amount directly on the sore, diluting with coconut oil if needed.

**Cavities** - Melaleuca oil is great to add to homemade toothpaste, or you can add a drop to your toothbrush before brushing, and after to disinfect. Actually, I have been using the Melaleuca Tooth Polish and since doing so, my gums do not hurt anymore! This is a problem that I have been having for months, so I can attest to this.

**Chicken Pox** Diffuse in the air (with a diffuser or a pan of hot water) or massage a mixture of

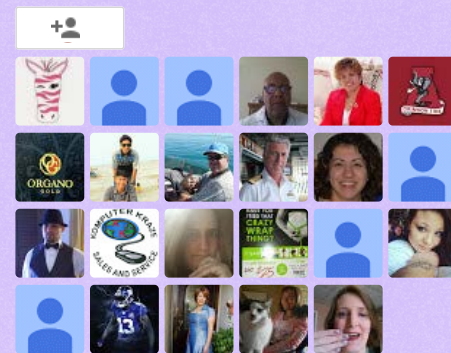
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melaleuca and coconut oil gently over the pox. Dilute more for younger children.

**Cleansing** - can be used aromatically or added to homemade cleaners to kill germs and prevent the spread of colds, flu, etc.

**Colds** - Treat the common cold by inhaling steam infused with the oil or massage into the feet and over the chest or other areas of concern.

**Coughs** - same as above

**Cuts** - use a very small amount, possibly diluted, over the area of concern.

**Dermatitis** - any sort of skin inflammation can benefit from this oil being gently massaged into the area of concern.

**Dry/Itchy Eyes** the oil should not be directly put in your eyes but you can benefit by diffusing it or placing your head over a steaming pot of water with a drop of oil in it (please use with caution).

**Ear Infection/Ache** dilute one drop of oil in 1-2 TBS of water and use a dropper to drop the mixture into the ear for 30-60 seconds each.

**Eczema** - dilute in coconut oil and apply a small coating over the area.

**Flu** - diffuse through the air, add a drop to your pillow, or gently massage into the feet to absorb the properties into the blood stream quickly.

**Fungal Infections** tea tree oil uses include topical application according to the type of infection.

**Gum Disease** create a mouthwash with purified water, 1 drop of peppermint and 1 drop of melaleuca oil.

**Hepatitis** - diffuse through the home daily or massage into the soles of the feet.

**Herpes Simplex** apply a small amount to the outbreak, or massage into the feet daily to prevent future outbreaks.

**Hives** - mix with coconut oil and gently apply to the infected areas.

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

FYI: At this point, this said author is getting up, boiling some water with a few drop of Melaleuca oil in it to diffuse in the air then I am going to gently massage this oil into the soles of my feet! Ha Ha!! This stuff sounds AMAZING!

**Infected Wounds** adding the oil to steaming water, you may be able to hold the infected area over the steam. Or, dilute 1 drop of melaleuca with one 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 malaleuca oil directly or indirectly.

**Jock Itch** apply topical to the affected area, diluted based on your needs or NEAT (undiluted).

**Lice** - add several drops to purified water and soak hair and scalp in the solution. Use on combs, brushes and massage into the hair and scalp. Treat the home with it as well. ***I have read a lot of success stories on this particular problem!!***

**MRSA** - Melaleuca's antibacterial properties can be utilized by massaging it directly into the skin for fast absorption to the blood stream.

**Mumps** - massage over the body and into the feet, and diffuse through the home.

**Nail Infection** Mix 1 TBS coconut oil and 1-2 drops of melaleuca oil into the nails and cuticles as

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indicated.

**Piercings** - apply after piercings to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.

**Pink Eye** same method as dry/itchy eyes.

**Rashes** - mix with coconut oil and massage over the affected area.

**Ringworm** - apply 1 drop directly to the area, or mix one drop of tea tree oil with one drop of lavender oil for added benefit.

**Rubella** - dilute as needed and massage into the affected areas, as well as onto the soles of the feet.

**Scabies** - melaleuca oil can both fight off the mites that cause scabies, as well as treat the rash and prevent the infection. Massage over the area with a small amount of coconut oil.

**Shingles** - add to a small amount of coconut oil and massage over the body. Massage into the soles of the feet for immune stimulation to prevent future outbreaks.

**Shock** - massage melaleuca oil into the soles of the feet as needed.

**Sore Throat** rub over the throat, inhale diffused oil or gargle with warm salt water and 1 drop of melaleuca oil.

**Staph Infection** best if used topically, rubbed into the soles of the feet to increase the immune response and fight infection.

FYI; At this point, I am thinking... Why don't they just make socks or shoes with tea tree oil built in? We would all be healthy:)... Gel insoles that slowly diffuse Tea Tree Oil as we wear them???? hmmm...

**Sunburn** - mix 1 TBS coconut oil with 1 drop of melaleuca oil and 1 drop of lavender and gently apply to the sunburned 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 melaleuca.

**Tonsillitis** - inhale from steaming water with tea tree, gargle, and massage into the neck and soles of the feet.

**Vaginal Infection** diffuse melaleuca oil throughout the home or inhale from steaming water. Apply topically over the areas of concerns and to the soles of the feet.

**Warts** - apply directly to the wart. Dilute if necessary for sensitive skin.

**Wounds** - soak wounded area in water with oil, or spritz from a bottle of water with several drops of melaleuca oil.

Other possible uses include treating mites and ticks, hysteria, digestion, skeletal and muscular systems, skin, immunity, and the respiratory system.

I have read where people have also used Melaleuca oil to remove mustiness, control mold, treat dandruff and dry scalp, as an insect repellent, and for insect bites and blisters.

This is impressive! I will definitely be ordering some more Melaleuca Tea Tree Oil!

I will have to rate this a FIVE Star for an All Natural, Chemical-free, "Good for Everything" Oil!!



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Posted by **Sherry Dalton** at 11:46 PM

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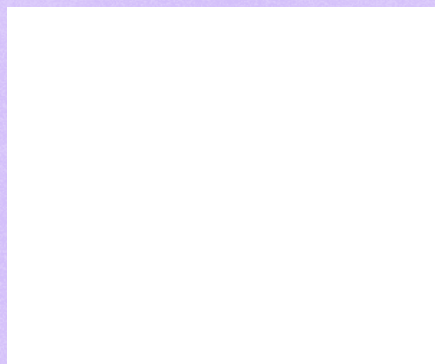
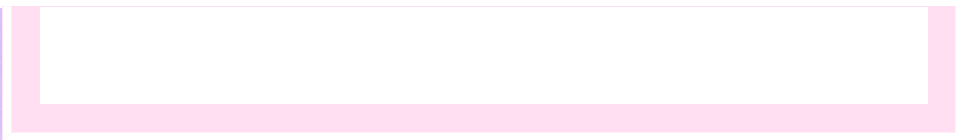
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