

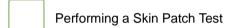
## How to Use Tea Tree Oil

User Reviewed

Three Methods: Treating Infections and Skin Problems Soothing Aches and Sores Using Tea Tree Oil Around the House and Bath

Tea tree oil (Melaleuca alternifolia) is an antibacterial disinfectant that has been used for centuries as an antiseptic. Studies show that tea tree oil treats some infections that are resistant to antibiotics, including bacterial and fungal skin ailments. Follow these steps when using tea tree oil for medicinal purposes.

### Steps



- Consider performing a skin patch test before using tea tree oil for the first time. Some people may be allergic to tea tree oil. Doing a skin patch test will help you determine whether or not you are allergic to tea tree oil.
  - If you are planning on using tea tree oil as an air freshener, room spray, or cleaner, then you don't have to do a skin patch test.
- **2** Combine three drops of tea tree oil with ½ to 1 teaspoon of a carrier oil. This carrier oil can be any food grade oil, such as: almond, coconut, olive, sunflower, or sweet almond. You can also use jojoba or Argan oil as a carrier oil.<sup>[1]</sup>
- Place a few drops of the diluted oil onto the inside of your elbow and cover the area with a band aide. The band aide will help keep the area moist and prevent the oils from evaporating.<sup>[2]</sup>
- Leave the band aide on for 24 to 48 hours. Do not allow the band aide to get wet during this time. If you start feeling pain, burning, itchiness, or discomfort at any point during this time, remove the band aide immediately. Wash the area with warm soap and water. You are likely allergic to tea tree oil and should not use it on your skin. [3]
- **5** Remove the band aide after 24 to 48 hours. If you don't notice any irritation, you probably are not allergic to tea tree oil and can use it on your skin.

# | Method | Treating Infections and Skin Problems

- **1** Use tea tree oil to treat acne. Dab a Q-tip or cotton ball with tea tree oil and apply directly to the affected areas before bedtime. Rinse off the tea tree before washing your face in the morning.
- **2** Sooth eczema and rashes with coconut oil and tea tree oil. Combine one to two drops of tea tree oil with one tablespoon of coconut oil. Massage the mixture onto the affected area. Repeat this several times a day.
- **3** Banish warts with tea tree oil. Apply a drop of tea tree oil directly onto the wart a few times a day. Keep in mind, however, that warts are difficult to remove. This method may not always work for everyone.
- **4** Use tea tree oil to sooth cold sores. Combine one to two drops of tea tree oil with one teaspoon of olive oil. Use a Q-tip or cotton ball to apply the mixture onto the sore. Repeat this several times a day.
- **Apply tea tree oil to treat toenail fungus.** Use a Q-tip to rub some tea tree oil directly onto the affected toenail. Try to get the oil underneath the tip of the nail as well. If you need to use more oil, use a fresh Q-tip. Do not double-dip Q-tips into the oil. Repeat this once to twice a day for about six months.<sup>[4]</sup>

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- Some people find that tea tree oil is alone is not enough to treat the fungus, and that some dietary changes are
  also necessary.
- You can also create a tea tree oil foot soak. Fill a small tub with warm water. Add some Epsom salts, one drop of tea tree oil, and one drop of lavender oil. Let your toes soak in the water for a few minutes.
- **6** Use tea tree oil to treat Athlete's foot. Combine five to six drops of tea tree oil with one tablespoon of coconut oil. Wash your feet, then massage the oil onto your feet. Repeat this twice daily for about one month. [5]
  - You may also use this on other skin infections as well, but avoid using it in sensitive areas, such as the genitals.
- **Treat ear infections with tea tree oil.** Rub one to two drops of tea tree oil all around the base of the infected ear. Repeat this every two to three hours.<sup>[6]</sup>
- Mix tea tree oil with shampoo to treat dandruff and head lice. Use one drop of tea tree oil for every ounce (30 mL) of shampoo. Add the oil directly into the bottle, close the bottle, and shake it to mix. Do not apply undiluted tea tree oil directly onto your scalp.

## Method 2

### **Soothing Aches and Sores**

- **1** Bathe in tea tree oil to soothe sore muscles. Fill your bathtub with warm water. Add a few drops of tea tree oil to the water. Step into the tub and relax for no more than 20 minutes. The tea tree oil will help soothe tight muscles.
- **Mix tea tree oil and water to treat a sore throat or chest congestion.** Pour water into a large pot and bring it to a boil. Remove the pot from the heat and add 2 to 3 drops of tea tree oil to the water. Drape a towel over your head, similar to a tent, and lean over the pot. Be careful not to get too close to the steam to prevent burns.
  - Inhale the steam for about 5 to 10 minutes every night before bed. Repeat this process until symptoms are gone. If symptoms persist for 5 days or more, consult your doctor.
- Relieve a congested nose with a tea tree oil scented pillow. Place a few drops of tea tree oil inside your pillow case before you go to bed. The oil will help unblock your stuffy nose while you sleep.
- Use tea tree oil as a mouthwash with extreme caution. Tea tree oil is great at soothing sores and easing pain, but it is also very toxic if swallowed. If you are careful, you can use it as a mouthwash. Make a gargle solution to treat laryngitis and canker sores. Combine 1 cup (240 milliliters) of warm water with 3 to 4 drops of tea tree oil. Gargle the solution twice a day. After gargling, spit out the solution and rinse your mouth with fresh, clean water. Do not swallow the tea tree water.
  - to sooth toothaches, use ½ cup (120 milliliters) of warm water and 1 drop of tea tree oil instead.

## Method 3

## Using Tea Tree Oil Around the House and Bath

- Use tea tree oil as a deodorizer. Combine ¼ teaspoon of tea tree oil with ½ cup (90 grams) of baking soda in a mason jar with a two-part lid. Mix everything with a fork until there are no clumps left. Shake this mixture into a trash can to absorb bad odors. [7]
  - You can also use this on carpets. Shake the powder onto the affected area, let it sit for a few minutes, then vacuum it up.
  - Tea tree oil is not safe for pets, especially cats. If you own pets, you might not want to use this powder in an
    area that your pets frequent.
- Make a tea tree oil air freshener. Combine 1 ounce (29.57 milliliters) of vodka, 6 ounces (177.44 milliliters) of distilled water, and about 20 drops of tea tree oil in a glass spray bottle. Shake the bottle well each time before

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you use it; the oil and water will naturally separate overtime. [8]

- **3** Make a tea tree oil bug spray. Combine 4 ounces (118.29 milliliters) of distilled water, 3 ounces (88.7206 milliliters) of witch hazel, and 30 drops of tea tree oil in a glass spray bottle. Shake the bottle before using the spray. [9]
  - You can add ½ teaspoon of vegetable glycerin to help the ingredients mix better.
- **Get rid of mildew with tea tree oil and vinegar.** Pour 1 cup (240 milliliters) of white vinegar into a spray bottle. Add 25 drops of tea tree oil and shake. Spray the solution onto mold or mildew, wait 10 minutes, then wipe the residue away with a sponge.<sup>[10]</sup>
- **5** Use tea tree oil as a laundry booster. Add 1 teaspoon of tea tree oil into your washing machine when cleaning heavily-soiled garments.<sup>[11]</sup>
- 6 Make an all-purpose cleaner with tea tree oil. Combine 1 quart (950 milliliters) of warm water with 15 drops of tea tree oil in a spray bottle. If you want your spray to be stronger and more antiseptic, increase the tea tree oil to 2 teaspoons. [12]
  - Tea tree oil is considered to be dangerous to pets, especially cats. If you own pets, you might not want to use tea tree oil.

### **Tips**

- If you have sensitive skin, dilute tea tree oil with another base oil, such as avocado oil, coconut oil, jojoba oil, olive oil, or sweet almond oil.<sup>[13]</sup>
- If you are making an air freshener or household cleaner and the smell bothers you, consider adding another essential oil, such as lavender, into your recipe. This will help mask and offset the smell of the tea tree oil. Use equal parts of tea tree oil and the other oil. According to WebMd, "Applying products to the skin that contain tea tree oil along with lavender oil might not be safe for young boys who have not yet reached puberty. These products might have hormone effects that could disrupt the normal hormones in a boy's body. In some cases, this has resulted in boys developing abnormal breast growth called gynecomastia." You may want to take this into consideration, before adding lavender to your mixture. \* Some tea tree oil bottles come with a small nozzle or dropper. Some do not. If you are having troubles measuring out the drops, consider getting an eye dropper and using that.
- You can find tea tree oil in some natural food stores as well as online.
- Be sure to get all natural, 100% tea tree oil. Avoid getting tea tree oil with additives in it.

#### Warnings

- Tea tree oil is not safe for use by pregnant or breast-feeding women.
- If you have sensitive skin, tea tree oil may cause skin irritations, redness and itching.
- Avoid using tea tree oil around sensitive areas, such as the eyes, mucous membranes, and genitals.
- Do not swallow tea tree oil. Doing so can result in: disorientation, trouble walking, unsteadiness, rashes, and comas.[14]
- Do not use tea tree oil around pets, especially cats. Tea tree oil is very dangerous for cats. [15]

## **Sources and Citations**

- 1. University of Minnesota, Are Essential Oils Safe?
- 2. Aroma Web, [www.aromaweb.com/articles/essential-oil-skin-patch-test.asp Essential Oil Skin Patch Test]
- 3. University of Minnesota, Are Essential Oils Safe?

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