



First Aid in a Bottle™

A-to-Z of how to use **Natures Naturals Tea Tree Pure Essential Oil** for all the following applications:

Abrasions & Minor Cuts: Clean area well! Apply tea tree oil full strength to area.

Acne: Add 2 drops of tea tree oil directly onto infected area twice a day or 60 drops of tea tree oil to facial wash, apply twice daily.

After Shave: Add 1 drop of tea tree oil onto razor blade before shaving. Add (?) drops of tea tree oil to 1 Tbs of aloe vera gel. Smooth over area.

Arthritis: For swelling, add 2 drops of tea tree oil to 2 ounces of jojoba or grapeseed oil; massage into affected area 2-3 times a day. Tea tree oil is very good for arthritis as it is able to penetrate and desensitize irritated nerve endings.

Asthma: Add 2 drops of tea tree oil to a warm damp face cloth and breath through it for 1 minute. For best results repeat daily.

Athletes Foot: Clean feet thoroughly, especially between toes. Add tea tree oil directly to feet every two weeks. Or add 2 drops of tea tree oil to ½ ounce of olive oil. Massage on feet and between toes.

Bad Breath: (Sore gums & plaque). Add 1 drop of tea tree oil on brush and brush with baking soda.
Do Not Swallow!

Bath Salts: Add 4 drops of tea tree oil to 1/2 cup bath salt and then apply to water.

Bladder Infection: It is important to keep the Urethra clean. Add 4 drops of tea tree oil to 4 ounces of purified or distilled water and wash area thoroughly. Add 10 drops of tea tree oil to bath.

Blisters: Wash area with soap and water. Apply 2 drops of tea tree oil 2 times daily.

Body Cologne: Add 1 drop of tea tree oil to 2 drops of rose oil, to 1 tsp. of jojoba oil.

Boils & Inflammations: Apply a warm wash cloth to the area for a few minutes. Apply undiluted tea tree oil directly on the boil. **Warning:** If fever is present consult your doctor immediately.

Bronchitis/Bronchial Congestion: Add 6 drops of tea tree oil to a warm, damp cloth; apply to chest or add 4 drops of tea tree oil to a hot bath and soak. Add 4 drops of tea tree oil to cream or oil and massage infected area.

Bruises: Apply ice if swelling occurs, add 4 drops of tea tree oil to an arnica or comfrey salve. Apply daily.

Burns (Minor): Immediately wash area with ice cold water applying 3 drops of tea tree oil to burned area. Repeat 3-4 times daily. For a balm, mix 6 drops of tea tree oil with a tablespoon of honey.

Calluses & Corns: Add 3 drops of tea tree oil to 1 teaspoon grapeseed, apricot, olive, almond or avocado oil. Massage area well, or soak in mixture of 3 drops tea tree oil, 1/2 ounce grapeseed,

apricot, olive, almond or avocado oil for 5 minutes, 2 times daily. Once the corn or calluses have become soft remove with tweezers and apply a few drops of tea tree oil, then cover with bandage.

Canker Sores: Add a few drops of tea tree oil directly to infected area with a cotton swab twice daily. Add 4 drops to 1 cup of water, swish around in mouth. **Caution:** Do Not Swallow.

Carbuncles: Add a few drops of tea tree oil to cotton swab and apply directly to carbuncle. Repeat twice daily.

Chapped Lips: Add 1 drop of tea tree oil to lip balm or moisturizing cream. Add apply to lips as necessary.

Chicken Pox: Symptoms are itching, red rash and blisters on the chest and arms. Chicken pox can leave severe scars if left untreated. Tea tree oil reduces itching which can lead to scratching and later infection. Apply tea tree oil to blisters. Allow tea tree oil to remain on 15 minutes. Rinse with warm water and pat dry. Apply natural body lotion such as PainSolv DermaBalm to entire area. Repeat every 6 hours or until rash and blisters disappear.

Chigger: Dermatitis caused by mite larvae. Usually found in grassy areas. They cause painful eruptions on the feet and legs. Add a few drops of tea tree oil directly to area to disinfect.

Cold Sores (Herpes Simplex): Tea tree oil can reduce healing time by as much as 50%. Apply a few drops of tea tree oil directly to the infected area with cotton swab 2 times a day, to help prevent breakouts apply directly upon onset.

Coughs: Add 10 drops of tea tree oil to 4-6 cups warm water. Drape towel over head and lean over warm water for 10 minutes and breathe normally.

Dandruff: Add 4 drops of tea tree oil to any shampoo; use daily or alternate with another shampoo. Rub a few drops of tea tree oil directly into the scalp.

Dermatitis: Add 6 drops of tea tree oil to ¼ cup grapeseed oil and massage in areas that have been exposed. Repeat 2-3 times daily. Or tea tree oil can be applied undiluted to the area.

Dry Hair, Oily Hair & Itchy Scalp: Add 6 drops of tea tree oil directly onto hair strands; massage into scalp.

Dry Skin: Add 3 drops of tea tree oil to 1 ounce carrot seed or sweet almond oil. Massage in to skin.

Earaches: Add 4 drops of tea tree oil to 1/4 cup of warm olive oil. Drop a small amount gently into ear, tilting head to one side for a minute. Use small cotton ball to absorb oil. Repeat until improved.

Ear Infection: Add 4 drops of tea tree oil to 1/4 cup warm olive or almond oil, drop a small amount gently into the ear.

Eczema: Add 5 drops tea tree oil to 1/4 cup of grapeseed oil, massage in areas that have been exposed. Repeat 2-3 times daily.

Empysema: Add 8 drops of tea tree oil to 3-4 cups warm water. Drape towel over head and lean over warm water for 10 minutes.

Flea Bites: To disinfect bite add 4 drops of tea tree oil directly to area of bite. Repeat every 2 hours or until swelling and itching has disappeared.

Gout: For swelling, add 4 drops of tea tree oil to 2 ounces of jojoba or grapeseed oil; massage into affected area 2-3 times a day.

Head Cold: Add 10 drops of tea tree oil to 4 cups water, drape towel over pot of warm solution and inhale. Rub on nose and forehead areas.

Head Lice: Add 6 drops of Tea Tree Oil to 1 ounce shampoo. Massage into hair, leave on for 10 minutes, rinse; repeat once a day until eggs and lice are gone.

Hives (Heat Bumps): Add 4 drops of tea tree oil to 2 ounces of witch hazel. Massage infected area.

Immune System: Add 4 drops of tea tree oil to 1 ounce of olive or almond oil and massage into skin once weekly. This will help strengthen your immune system.

Infections: Add 4 drops of tea tree oil directly to infected area twice daily.

Ingrown Hair or Whisker: Add 2 drops of tea tree oil directly to area; repeat every 2 hours or until signs of infection disappear.

Itchy Scalp: Apply 4 drops of tea tree oil directly into hair strands or massage into scalp.

Laryngitis: Add 3 drops of tea tree oil to 1 cup of warm water, gargle 2-3 times a day **Caution:** Do Not Swallow.

Leg Ulcers: Apply 8 drops of tea tree oil to 3 cups of warm water or add 6 drops of tea tree oil to 1 ounce grapeseed oil. Shake well and massage into area.

Massage: Add 4 drops of tea tree oil to massage oil.

Mosquito Bites: Add 3 drops of tea tree oil directly to area of bite. Repeat every 2 hours or until swelling and itching disappears.

Mouth Ulcers: Dab ulcer with undiluted tea tree oil every two hours.

Muscle Aches: Add 8 drops of tea tree oil to 1 ounce of grapeseed oil. Massage well. You can also add 12 drops to bath water and soak.

Nail Fungus: Add 4 drops of tea tree oil directly to nail and tissue surroundings. Repeat once daily for a week.

Nasal Ulcers: Add 2 drops of tea tree oil directly onto infected area, use cotton swab to apply.

Oily or Dry Hair: Apply 6 drops of tea tree oil directly into hair strands or massage into scalp.

Plantar Warts: Apply tea tree oil full strength to affected area 2-3 times daily.

Plaque on teeth: Add 2 drops of tea tree oil on brush and brush with baking soda.

Psoriasis: Add 6 drops of tea tree oil to 1 cup of sea salt and put in bath water.

Rheumatism: Add 4 drops of warm tea tree oil directly to area and massage.

Ringworm: Add tea tree oil full strength, repeat 2 times daily.

Ringworm of The Scalp: Add 6 drops of tea tree oil to 2 ounces of shampoo and use until condition clears.

Ringworm of The Skin: Add 4 drops of tea tree oil to 1 ounce jojoba oil or aloe vera gel. Repeat 2 times daily.

Sciatica: Add 6 drops of warmed tea tree oil directly to area and massage.

Seborrhoea: Bathe using tea tree oil dissolved in your soap. Pat dry. Apply morning and night. Condition should disappear in a week to ten days

Shingles: Add 3 drops of warmed tea tree oil directly to area and massage.

Sinusitis: Add 8 drops of tea tree oil to a pot of heated water. Drape towel over head while leaning over pot of solution, and breathe normally.

Sore Gums: Add 3 drops of tea tree oil on brush and brush with baking soda.

Sore Throat: Add 5 drops of tea tree oil to 4 ounces of warm water, gargle 2-3 times a day; (**Do Not Swallow**)

Stye: Add 8 drops of tea tree oil to a pan of hot water, drape towel over head and hold over pan for five minutes.

Sunburn: Mix 4 drops of tea tree oil with vitamin E oil, almond, or avocado oil and apply twice daily. When applied in time, it can bring immediate pain relief, and prevent reddening and blistering. Repeat as often as necessary.

Toothache: Add 2 drops of tea tree oil to mouthwash and gargle. **Do Not Swallow.**

Toothbrush Cleaner: Apply tea tree oil directly to toothbrush 1-2 times a week to remove bacteria.

Tropical Skin Ulcers: Add 4 drops of tea tree oil directly to area and gently massage using a cotton swab.

Vapouriser: Add 4 drops of tea tree oil to vaporizer. This is very effective for head colds which effect nasal and sinus passages.

Warts: Apply full strength tea tree oil to wart. It may take several weeks for wart to dissolve, depending upon conditions.

Waxing Bikini Area/Legs: Before waxing allow 4 drops of tea tree oil to dry on area. Repeat same step after waxing, and then 2 times the same day. Redness and swelling should subside within 24 hours.