

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Tea Tree Oil – Part II**

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### **How Do I Use Tea Tree Oil?**

Even if you are not an herbalist, and don't have any experience making your own formulas, you can easily add Tea Tree Oil (or any other essential oil, for that matter) to an ointment or a massage oil. The massage oil is the easiest - just add a few drops of Tea Tree Oil, close the bottle, and shake it well. Then smell it to see if you have the right amount of Tea Tree Oil - if not, add a few more drops. To add Tea Tree Oil to an ointment, you may need to heat up the ointment a little bit, depending on its consistency. Complete Tissue and Bone ointment is sometimes set quite well, especially if it is a new bottle. While I personally don't have a problem with putting the formula in the microwave for a few seconds to soften it, you could also remove it from the container, and heat it up over the stove if necessary. I have found that it is extremely easy to add essential oils to the Beauty Facial Cream formula, as it tends to be pretty soft. Sometimes, it is so soft you need to put it in the refrigerator for a few hours to harden up.

One of the easiest ways to use Tea Tree oil is to add it to olive oil or almond oil, and then apply to the skin. If you are using this for a rash, add a few tablespoons of this oil combination to the bath, and have the person soak in the tub for a bit.

Tea Tree Oil doesn't have the most pleasant odor (camphor-like), so you might want to combine it with some other essential oils to help diminish the smell. It is best used with wood and herbal oils - it does not blend well with fruits and florals. For example, for dandruff, Tea Tree Oil could be combined with cedarwood, patchouli, rosemary and sage.

My personal favorite is buying one of the many sprays available with Tea Tree Oil. You could make this yourself using vodka and Tea Tree Oil. Tea Tree Oil can be pricey, depending on the brand, and \$10 for an already made up spray can be worth it. You can also find Tea Tree Oil in soaps, shampoos, toothpastes, and other commercially available products.

For a vaginal infection, a few drops of Tea Tree Oil can be added to a douche.

### **Conclusion**

Even if you don't have any other essential oils in your home, Tea Tree Oil is one to add to your medicine cabinet. I use Tea Tree Oil all the time – adding it to herbal preparations, aromatherapy preparations, and directly on the skin to deal with warts. Tea Tree Oil is something that anyone who is interested in natural healing needs to get better acquainted with.