

HEALING ESSENTIALS AROMATHERAPY NEWSLETTER



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Issue #14 Featuring Tea Tree Essential Oil

It seems there is no condition that does not benefit from the application and use of Tea Tree Essential Oil.

"Tea Tree oil combines powerful antibacterial, anti-viral, and antifungal action with an unsurpassed degree of tolerability. It is a virtual panacea or heal-all, yet its most important and researched use in aromatherapy is probably for bladder infection, candida overgrowth, and athlete's and nail fungus. " Kurt Schnaubalt, PhD, Aromacologist

For many years I have witnessed the powerful anti-bacterial and anti-viral effects of Tea Tree essential oil and have included it in several of my Healing Essential products. Its anti-bacterial effect is powerful. I would like to offer a 20 % discount on all Healing Essential Products containing this versatile essential oil.

***Monthly Special: All Healing Essential Oil Products Containing Tea Tree 20% Off.**



Plant Description:

Melaleuca alternifolia The Tea Tree is a small tree or shrub with needle-like leaves. It is also domestically referred to as Ti-tree. It can grow up to 7 meters (20 feet) in height and thrives in marshy areas, though it is now cultivated in plantations. The Tea Tree is very robust; it is ready for cutting only two years after its previous harvest. It has constantly exfoliating bark and fragrant evergreen leaves. Native to Australia, the common name of 'tea tree' is derived from the practice of native Australians soaking the leaves for healing purposes.

The *Melaleuca* genus includes over 200 species most of which are native to Australia.

History of Tea Tree Essential Oil

Long before Captain Cook set foot on the shores of Australia, the native inhabitants used the therapeutic oil of the Melaleuca trees for a wide range of topical and oral applications. They crushed the leaves and mixed them with clay to form poultices and even bathed in the water that had collected under the trees. The first white settlers watched and learned how to use the leaves for their own healing applications. It was most unfortunate for people in the west that there was no documented evidence, and the use of Tee Tree (Melaleuca oil) was to remain confined to Australia, as a bush remedy, for the next 150 years.

In 1922, an Australian chemist, Arthur Penfold and his team, from the Sydney Museum of Technology and Applied Science, distilled the oil from the *Melaleuca alternifolia* and subsequently published a paper stating that it had wide-ranging antibacterial and antifungal activity. It was announced to the world that this was a new type of germicide, gentle to skin cells but harmful to the invading germs and was successfully used to treat all manner of infections and infestations. It was the treatment of choice; from cuts and wounds to head lice, ringworm, leg ulcers, infections, catarrh, thrush, tonsillitis, pyorrhea and gingivitis. Professors, doctors, dentists and veterinary surgeons utilized its many properties for the health and welfare of their patients. In the Second World War, soldiers carried Tea Tree oil in their packs for treating war wounds. With the discovery of antibiotics the once thriving industry went into decline and for the next twenty years the oil was all but forgotten.

The oil made a remarkable comeback in the 60's, the first scientific evidence in decades confirmed that it had a favorable effect in the treatment of boils, gynecological infections and later for varied foot and nail bed infections. Now the once forgotten oil gained in popularity, and farms were set up to harvest the oil on a commercial basis.



Description of Tea Tree Essential Oil

Color: Colorless to pale yellow clear liquid. **Consistency:** Thin. **Note:** Middle. **Aroma:** fresh, pungent and herbaceous top note, a slightly spiced medicinal and camphoraceous middle note, and a balsamic earthy undertone. It also has characteristic mint and spice back-notes. **Blends well with:** Cinnamon Bark, Clary Sage, Clove Bud, Geranium, Lavender, Lemon, Myrrh, Nutmeg, Rosewood, Rosemary and Thyme. **The Chemical constituents:** 100% pure Tea Tree essential oil is steam distilled from naturally grown Australian Tea Tree leaves. For the greatest efficacy in therapeutic applications, it is important that Tea Tree oil in particular has a significant percentage of Terpinene-4-ol. The Australian standard is a minimum of 30%. Research has shown that Terpinene-4-ol inhibits the growth of all pathogens submitted to it.

Properties: antimicrobial, antiseptic, antifungal, bactericide, immuno-stimulant, insecticide.

Uses of Tea Tree Essential Oil: Aromatherapy literature abounds with the benefits and uses of Tea Tree Oil. **Internal Use:** Tea Tree Essential Oil used in small amounts is safe to ingest internally.

- ❖ **Dermatologic and Cosmetic:** Tea Tree Essential Oil has powerful cleansing properties and does not irritate the skin or harm tissue cells. **Remedy:** Apply directly to nail beds to treat toe nail fungus. Soothes and repairs burns and blisters. Healing to acne. **Remedy:** Add up to 20 drops each of Tea Tree and Lavender to 3 oz. of PH neutral shampoo such as baby shampoo to treat dandruff. Resolves warts and blemishes. Soothes insect bites. Can be used 'neat' (undiluted) on cuts and scrapes.
- ❖ **Children's Remedy:** **Remedy:** Blend Tea Tree with Lavender 50/50 for a soothing, natural anti-bacterial topical.
- ❖ **Genito-Urinary:** **Remedy:** Effective treatment for urinary tract infections: Add 1-3 drops Tea Tree oil to 8 oz. water. Drink every 20 minutes or until symptoms diminish. **Remedy:** Vaginal suppositories can be rolled in Tea Tree to combat vaginal Candida (yeast infections).
- ❖ **Immune System:** Tea Tree Essential Oil is best known as a very powerful immune stimulant. It can help to fight all three categories of infectious organisms: bacteria, fungi, and viruses. **Remedy:** Blend 20 drops in one ounce

of a carrier oil and massage prior to surgery. There is evidence this may help fortify the body and reduce post-op shock and infection. **Remedy:** Carry a small vial of Tea Tree when traveling. Inhale frequently to ward off bacterial and viral infections. There is evidence Tea Tree may have allergenic properties.

- ❖ **Nasal-Oral:** **Remedy:** Treats mouth, gum, and lip issues such as herpes and canker sores (see Healing Essentials Cold Sore Remedy below). Effective treatment for sinusitis: 1-2 drops Tea Tree in weak saline solution to irrigate nasal passages. **Remedy:** Dilute 3 drops in water for an effective mouth rinse.
- ❖ **Respiratory:** *Tea Tree is one of the safest and most effective ways of controlling and eliminating minor respiratory infections such as sore throat, which if not treated in the case of streptococcus can lead to serious complications. If away from the house, immediately apply a trace drop to the tongue every minute for 10 minutes, then every five minutes X's 4, then every 10 -20 minutes for a few hours. If at home dilute a few drops of tea tree into a teaspoon of honey and let dissolve on the tongue."* Daniel Penoel, M.D.
- ❖ **Research:** Tea Tree oil is one of the most widely researched oils known. "Tea Tree has been studied for its effect against MRSA (Methicillin-resistant Staphylococcus aureus) the superbug causing infections in immune system compromised hospital patients. This antibiotic resistant staph has been effectively treated using a blend of Tea Tree with well-known antimicrobial essential oils such as Geranium, Oregano, and others."

Method of Application: May be used topically in massage, compress, bath, sitz bath, douche, and skin care. May be inhaled directly, in diffuser or steam inhalation. With caution and In small doses may be taken internally.

Safety: Tea Tree Essential Oil is non-toxic, non-irritant to skin and mucous membranes. It must be kept in an amber container in a cool dark place. When in a clear glass container exposed to the sun the chemical composition changes.



Uses of Tea Tree Essential Oil: *"Melaleuca is a fighting oil. Its tour de force lies in its extraordinary antiseptic power and remarkable anti-infectious activity, while retaining an exceptional mildness. It is absolutely non-aggressive with regard to the mucous membranes."* *"For ear, nose, and throat and other respiratory infections, digestive infections, urinary infections, genital infections, skin infections, infections of the mouth and gums, essential oil of Melaleuca alternifolia will give priceless, quick and effective help, especially if you intervene immediately."* Daniel Penoel, M.D.

In addition to Tea Tree (*Melaleuca alternifolia*) there are two other Melaleuca trees that produce essential oils. Cajeput Essential Oil (*Melaleuca eucadendron var. cajeputi*) and Niaouli (*Melaleuca quinquenervia*) also known as MQV. Both essential oils have very similar properties as Tea Tree. Looking at the images of the Melaleuca trees one is struck by the similarity to the Bottle Brush Tree (*Callistemon citrinus*) which is commonly seen in California. This is because Melaleuca is a very close relative of the *Callistemon* the Bottle Brush tree.



Cajeput: *Melaleuca cajeputi*



Niaouli: *Melaleuca quinquenervia*

Remedy: Cajeput Essential Oil (*Melaleuca cajuputi*) is somewhat allergenic and can be used to treat psoriasis. Add 10 drops each of Lavender and Cajeput to 3 oz. Lavender Hydrosol and 5 tsp. vinegar. Apply to scalp 3 X's / week.

Remedy: Niaouli inhaled is an excellent expectorant. It is also known for being an endocrine tonic.

*Monthly Special: All Healing Essential Oil Products Containing Tea Tree 20% Off.

- **BUG OFF: (5 ml glass roll- on)** Essential Oils: Geranium, Lemon, Citronella, Rosemary, Grapefruit, Tea Tree
Carrier: Grapeseed and Jojoba Oils. *Effective for gardening, camping, and travel to mosquito infected areas.*
Special price: \$5.60 (regularly \$7.00)
- **COLD SORE REMEDY: (5/8 dram glass amber).** Essential Oils: Bergamot, Lemon Eucalyptus, Tea Tree in Jojoba and Alcohol 5 ml. *Effective if applied at first sign of cold sore. Research indicates this combination is effective against the Herpes Virus.*
Special Price: \$5.60 (regularly \$7.00)
- **GERMS B GONE ROOM MIST: (4 oz. cobalt plastic w/ mist spray).** Essential Oils: Bay Laurel, Lemon Eucalyptus, Lemon, Peppermint, Ravensara, Tea Tree in Purified Water & 3 ml. Alcohol. *Highly antimicrobial, useful in offices, children's rooms, day care centers, etc.*
Special Price: \$5.60 (regularly \$7.00)
- **LYMPHATIC TONIC: (5 ml glass cobalt).** Essential Oils: Basil, Bay Laurel, Bergamot, Chamomile Roman, Geranium, Juniper Berry, Lemongrass, Ravensara, Tea Tree in Fractionated Coconut/ Jojoba oils. *The essential oils in this blend are well known for their anti-microbial, immune enhancing, and detoxifying properties. At the first sign of a fever or viral infection, apply over lymph glands 2 to 3 times a day: below ears, on breast bone, and under arms. For travel protection, apply over lymph glands. May be used in the bath.*
Special Price: \$6.40 (regularly \$8.00)
- **RESPIRATORY RELIEF FOR ADULTS : (30 ml glass cobalt).** Essential Oils: Lemon Eucalyptus, Eucalyptus radiata, Frankincense, Hyssop, Palmarosa, Rosemary, Tea Tree, Grapefruit in Grapeseed and Jojoba Oils. *Created to contain essential oils with a powerful anti-microbial and decongestant effect to relieve symptoms of coughs, colds, sore throat, nasal, and chest congestion. Pour 8-12 drops into hands and massage upper back and under arms. Apply lightly over chest. Massage soles of feet. Also effective in bath combined with Epsom Salts. (Not for children under 10 years of age.)*
Special Price: \$12.00 (regularly \$15.00)
- **SKIN RESTORATIVE : (30 ml glass cobalt).** Essential Oils: Bergamot, Carrot Seed, Chamomile, Lavender, Helichrysum, Juniper Berry, Palmarosa, Patchouli, Tea Tree in Fractionated Coconut/ Jojoba oils. *Has successfully treated chronic, complex skin problems such as infections, eczema, blemishes, warts and acne. For soothing bath, blend 8 drops in 1 oz. Epsom salts and add to water.*
Special Price: \$12.00 (regularly \$15.00)

My regrets for being unable to get the July Healing Essential Newsletter out due to family visits and travel. Look for possible workshop dates in November and December. I will send out a notice. Sending everyone my best wishes for a healthy fall.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. The Complete Guide to Aromatherapy, by Battaglia, S., P. 172-174, 238-239, 260-271.
2. Information on the botanical background of the Melaleucas was adapted from Wikipedia and various internet sites.
3. Medical Aromatherapy: Healing with Essential Oils by Kurt Schnaubelt, PhD. Pg. 188-189.
4. That Amazing Tea Tree Oil by Karen MacKenzie.
5. Natural Home Health Care Using Essential Oils by Daniel Penoel, M.D. pg. 117-120.
6. Aromatherapy: A Practical Approach to the Use of Essential Oils for Health and Well-being by Julia Lawless, pg. 110,118, 197.