

34. Rashes

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Apply oil to affected area.

35. Respiratory Infections

Young Children: Upper Respiratory Catarrh, runny nose, sore throat and ear infection — a 4% oil solution massaged into the spine, frontal sinuses, chest and soles of feet - applied 2 or 3 times a day.

Adults: Respiratory Difficulty

A few drops undiluted Pure Tea Tree Oil on the back of the hand and/or wrist rubbed in and then touched often to the nose.

36. Rheumatism & Sciatica

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Massage into painful area 3 times a day.

37. Ringworm

Use undiluted Pure Tea Tree Oil and apply directly to infected area, using a cotton bud or ball.

38. Scabies

Apply undiluted Pure Tea Tree Oil using a cotton bud or ball, on infestation where obvious.

39. Shaving / Waxing (Face & Legs)

After shaving/waxing apply a mixture of 5 drops undiluted Pure Tea Tree Oil with 10ml of a quality cold-pressed oil and massage onto the face or legs.

40. Shingles

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil, such as almond, apricot kernel, avocado, etc. Gently massage into painful area.

41. Splinters

Apply Pure Tea Tree Oil to area before and after removal with cotton bud.

42. Sunburn

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Apply gently to affected area. Keep away from eyes.

43. Mouth (Thrush, Yeast Infection, Candida)

Add 2 drops of Pure Tea Tree Oil to a tumbler of warm water, gargle and rinse.

44. Toothache / Mouth Ulcers

Adults: Use undiluted Pure Tea Tree Oil and gently apply directly to tooth or ulcer using a cotton bud.

Children & Babies: Ulcers, Teething & Toothache: Use diluted Pure Tea Tree Oil for sensitive skin. Apply using a cotton bud first dipped into Pure Tea Tree Oil then glycerine to be more palatable.

45. Ticks & Leeches

Use undiluted Pure Tea Treat and splash oil onto bite-mark.

46. Urinal Infections

Take 2 to 3 drops of Pure Tea Tree Oil in honey at meal times: twice daily.

47. Vaginal Infections (Thrush, Candida, Yeast Infections)

Mix 10 drops Pure Tea Tree Oil with 1 cup of pure warm water and douche twice daily.

48. Warts

Use undiluted Pure Tea Tree Oil, apply directly with cotton bud.

49. Pet Care

Abscesses, Cuts, Infections, Insect Bites, Rashes: Apply Pure Tea Tree Oil diluted with Cold-pressed oil over affected area daily.

Pet Coats: Use usual shampoo with Pure Tea Tree Oil added to repel insects to leave your pet's coat clean and smelling fresh. It also provides a natural deodorant effect.

Do not use directly on cats.

Fleas & Insects: Mix 20ml Pure Tea Tree Oil to 400ml clean water and spray around foundations, windows and doorways, kennels and areas frequented by dogs and cats. For internal use mist spray around kitchen, linen and laundry cupboards. Under furniture, stoves, stoves, refrigerators, hot water systems, around edges of carpets, skirting boards.

50. Household Applications

Flying & Crawling Insects:

Mix 20ml Pure Tea Tree Oil to 400ml clean Water. Apply a fine mist of the solution behind cupboards, furniture, curtains and around edges of all windows, external doors. For crawling insects carry out treatment as above then mist spray bottom edge of all skirting, the base of all food storage areas, behind and underneath stove, fridge, hot water service, air vents and drainage outlets.



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The 50 uses of 100% Pure Tea Tree Oil

extracted from
Melaleuca alternifolia
also known as
Australian Tea Tree Oil

www.naturesremedies.co.nz

*If in doubt about any health matter
or any pain or condition persists,
seek professional Medical advice
without delay.*

Your complimentary copy from
Tea Tree Manor

Please Take one

The 50 uses are:

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| 1. Acne & Pimples | 27. Lips (Dry, Chapped, Cracked, Sore, Sunburn & Windburn) |
| 2. Arthritis | 28. Lice & Nits |
| 3. Asthma | 29. Muscular Aches & Pains Sprains |
| 4. Athlete's Foot | 30. Nail Infections (Perionychia) |
| 5. Bad Breath (Halitosis) | 31. Nappy Cleanser |
| 6. Bites & Stings | 32. Nappy Rash |
| 7. Blisters | 33. Nasal Ulcers |
| 8. Blocked Noses/ Sinus/ Sinusitis | 34. Rashes |
| 9. Body (Tired & Tense) | 35. Respiratory Infections |
| 10. Body Protection | 36. Rheumatism & Sciatica |
| 11. Boils & Carbuncles | 37. Ringworm |
| 12. Burns (Minor) | 38. Scabies |
| 13. Cold Sores | 39. Shaving/Waxing (Face & Legs) |
| 14. Corns & Callouses | 40. Shingles |
| 15. Coughs, Colds & Bronchial Congestion | 41. Splinters |
| 16. Cradle Cap | 42. Sunburn |
| 17. Cuts & Abrasions (Minor) | 43. Mouth (Thrush, Yeast, Infection, Candida) |
| 18. Depression | 44. Toothache / Mouth Ulcers |
| 19. Dermatitis /Psoriasis | 45. Ticks & Leeches |
| 20. Earache | 46. Urinal Infections |
| 21. Eczema | 47. Vaginal Infections (Thrust, Candida, Yeast Infections) |
| 22. Emphysema | 48. Warts |
| 23. Face Cleanser (Oily Skins) | 49. Pet Care |
| 24. Gum Sore or Bleeding (Gingivitis), Bad Breath, Plaque. | 50. Household Applications |
| 25. Dandruff, Oily & Itchy Scalps | |
| 26. Laryngitis & sore throat | |

1. Acne & Pimples

Use undiluted Pure Tea Tree Oil. Apply directly to the inflamed spot with a cotton bud.

2. Arthritis

Mix 5 drops Pure Tea Tree Oil with 10ml of quality cold pressed oil. Gently warm the mixed oils, massage the painful area with the oil.

3. Asthma

Treated by inhalation of a few drops of undiluted Pure Tea Tree Oil in hot water.

4. Athlete's Foot & Tinea

Use undiluted Pure Tea Tree Oil and apply directly to infected area, using a cotton ball.

5. Bad Breath (Halitosis)

Add 3 or 4 drops of Pure Tea Tree Oil to a tumbler of warm water then gargle.

6. Bites & Stings

Use undiluted Pure Tea Tree Oil and gently apply oil to inflamed area with a cotton ball or bud.

7. Blisters

Use undiluted Pure Tea Tree Oil and gently apply oil with a cotton ball.

8. Blocked Nose / Sinus / Sinusitis

Add 10 drops of Pure Tea Tree Oil to a bowl of hot water or vapouriser. Gently inhale the vapours through the nose. Rub drops around sinuses/inhale.

9. Body (Tired & Tense)

Apply Mix 5 drops Pure Tea Tree Oil with 10ml cold pressed oil, such as sweet almond oil to provide a soothing lubricant for total body massage. Helps maintain a healthy skin tissue and natural barrier reducing moisture loss.

10. Body Protection

Dab some Pure Tea Tree Oil to underarms, this should not irritate sensitive skin. Kills bacteria that causes odour.

11. Boils & Carbuncles

Use undiluted Pure Tea Tree Oil. Apply directly with a cotton bud. After the centre has gone, wash with diluted oil a combination of a few drops of Pure Tea Treat in warm water.

12. Burns (Minor)

Flush with cold water or ice pack immediately until heat has gone from burn. Use undiluted Pure Tea Tree Oil Apply carefully to area, OR mix 5 drops

Pure Tea Treat with 10ml of a quality cold-pressed oil, and apply gently over area.

13. Cold Sores

Use undiluted Pure Tea Tree Oil Gently apply oil to inflamed area with a cotton bud.

14. Corns & Callouses

Use undiluted Pure Tea Tree Oil. Apply oil directly with cotton bud.

15. Coughs, Colds & Bronchial Congestion

Add 1ml of Pure Tea Tree Oil to steam bath or 3 drops to a bowl of hot water or vapouriser and gently inhale vapours.

16. Cradle Cap

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil, and gently apply oil to affected area of baby's scalp.

17. Cuts & Abrasions (Minor)

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil, such as almond, apricot, kernel or use undiluted Pure Tea Tree Oil. Gently apply with a cotton ball.

18. Depression

Dab Pure Tea Tree Oil on the wrists and inhale from time to time.

19. Dermatitis / Psoriasis

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Apply oil to affected area with cotton ball.

20. Earache

Add 5 drops of Pure Tea Tree Oil to a teaspoon full of quality cold-pressed oil. Slightly warm mixed oils and massage a small amount around the ear and lobes.

21. Eczema

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Carefully wash and pat dry affected area. Apply with cotton ball.

22. Emphysema

Add 1ml of Pure Tea Tree Oil to steam bath or 3 drops to a bowl of hot water or vapouriser and gently inhale vapours.

23. Face Cleanser (Oily Skins)

Add 6 drops of Pure Tea Tree Oil to water and splash face with water. Gently towel dry.

24. Gum Sore or Bleeding (Gingivitis), Bad Breath, Plaque

Use undiluted Pure Tea Tree Oil and carefully paint the area of infection, or Add 3 drops to a tumbler of water and use as a mouthwash twice daily, especially useful after tooth extraction.

25. Dandruff, Oily & Itchy Scalps

Add 2 or 3 drops of Pure Tea Tree Oil to your usual quantity of shampoo or conditioner. Massage into scalp and all strands, leave on a minute or so before rinsing off. Dry hair in the usual way.

26. Laryngitis & Sore Throat

Add 3 or 4 drops of Pure Tea Tree Oil to a tumbler of warm water. Gargle, and rest voice. At the first sign of SORE THROAT if around people with colds, gargle at night before retiring and first thing in the morning.

27. Lips (Dry, Chapped, Cracked, Sore, Sunburn & Windburn)

Apply a drop of Pure Tea Tree Oil mixed with sweet almond oil. For best results apply regularly.

28. Lice & Nits

Before lice and nit season, wash hair with your usual shampoo mixed with 2-3 drops Pure Tea Tree Oil per wash. Extensive research has indicated that this may help to repel lice and nits and prevent possible re-infestation.

29. Muscular Aches & Pains / Sprains

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Gently massage painful area.

30. Nail Infections (Perionychia)

Use undiluted Pure Tea Tree Oil. Paint oil liberally under and around nail with cotton bud.

32. Nappy Cleanser

Add 20 drops of Pure Tea Tree Oil to each 4 litres of water. Stir, soak nappies overnight.

33. Nappy Rash

Mix 5 drops Pure Tea Tree Oil with 10ml of a quality cold-pressed oil. Slightly warm and massage gently.

34. Nasal Ulcers

Apply undiluted Pure Tea Tree Oil with cotton bud or dilute as required with cold-pressed oil.

If in doubt about any health matter or any pain or condition persists, seek professional Medical advice without delay.