



## Table of Contents

Introduction .....	5
Tea Tree Oil Extraction.....	6
Traditional Uses .....	7
Modern Uses for Tea Tree Oil .....	7
The Science on Tea Tree Oil .....	9
Side Effects of Tea Tree Oil.....	12
Tea Tree Oil: Natural vs. Everything Else .....	14
All Tea Tree Oil Is Not Equal .....	14
Before You Buy .....	15
Skin Care Treatments .....	16
Tea Tree Oil Spot Remover.....	18
Cleansing Tea Tree Oil & Clay Mask .....	19
Refreshing Tea Tree & Tomato Face Wash .....	20
Refreshing Facial Toner.....	21
Moisturizing Face Wash.....	22
Replenishing Tea Tree Oil Body Scrub .....	23
Soothing Tea Tree Oil Deodorant.....	24
Milky Tea Tree Oil Scrub.....	25
Exfoliating Sweet Banana Scrub .....	26
Antibacterial Hand Scrub.....	27
Eczema Scrub.....	28
Silky Smooth Lip Scrub .....	29
Minty Tea Tree Oil Lip Balm .....	30
Fortifying Citrus Foot Scrub .....	31
Tea Tree Oil Hair Care Treatments .....	32
Tea Tree Oil & Hair .....	32
Tea Tree Oil & Scalp .....	33
Dry Scalp Lavender Rinse.....	35
Almond & Tea Tree Cradle Cap Treatment .....	36
Moisturizing Oil Treatment.....	37
Creamy Tea Tree Oil Shampoo.....	38

Gentle Cleansing Shampoo .....	39
Super Lux Polishing Shampoo .....	40
Detangling Tea Tree Oil Conditioner .....	41
Super Soft Protein Deep Conditioner .....	42
Replenishing Hair Mask .....	43
Home Care & First Aid Remedies .....	44
Tea Tree Oil Antiseptic Spray .....	45
Antiseptic Tea Tree Oil Ointment .....	46
Soothing Autumn Balm .....	47
Tea Tree Oil Burn Treatment.....	48
Tea Tree Oil & Butter Itch Relief.....	49
Tea Tree Oil Steam Inhalant .....	50
Hot Tea Tree Oil Compress .....	51
Tea Tree Oil Soak For Sore Muscles .....	52
Topical Tea Tree Oil Treatment .....	53
Minty Tea Tree Oil Toothpaste.....	54
Tangy Disinfecting Mouthwash .....	55
Fresh Breath Mouthwash .....	56
Aromatherapy Options .....	57
Tea Tree Oil Diffusers .....	59
Fortifying Air Freshener.....	60
Bye Bye Anxiety Bath Oil.....	61
Relaxing Bath Oil.....	62
Pick Me Up Bath Salts .....	63
Invigorating Massage Oil .....	64
Healing Massage Oil .....	65
Tea Tree Oil Air Mist .....	66
Sleepy Time Diffuser.....	67
Refreshing Potpourri Mix .....	68
TGIF Happy Diffuser .....	69
Household Cleaners & Solutions .....	70
All Purpose Tea Tree Oil Cleaner.....	72

Cleaning & Whitening Tea Tree Oil Detergent.....	73
Tea Tree Oil Toilet Cleaner .....	74
Tea Tree Oil Dryer Sheets .....	75
Tea Tree Oil Oven Cleaner.....	76
Conclusion .....	77
Adjusting Recipes.....	77

## Introduction

The popularity of tea tree oil has increased in the last few years but the history of the *Melaleuca Alternifolia* is a rich and colorful one. The origins of tea tree oil and its varied uses date back to the aboriginal Australians in New South Wales, whose oral history indicates that tea tree oil has been used as sort of a 'catch all' medicinal ingredient to treat a variety of ailments and injuries. Whether for the common cold or cuts and scrapes, tea tree oil has been a medicinal tradition in the wilds of Australia for centuries.



This small tree has leaves that resemble pine needles and is decorated with light purple or yellow flowers. This tiny tree has been known to grow more than 20 feet tall. The Melaleuca tree is naturally sustainable—will grow again within 2 years of being chopped down—which makes it an ideal

source for all natural healing, cleaning and beautifying.

Thanks to the hard work of Australian researcher Arthur Penfold during the early part of the 20<sup>th</sup> century, we now know that antiseptic properties that fight bacteria are why the Aborigines found tea tree oil such a compelling medical aid.

Today the rest of the world is finally acknowledging the real benefits that tea tree oil can provide in many different aspects of our lives. Although the aboriginal Australians relied heavily on tea tree oil in its un-extracted form, that is, directly from the leaves of the tea tree, it was not until the 1920's that we learned just how powerful the extracted oil was in comparison.

For hundreds of years tea tree oil was used in its whole leaf form to heal wounds, colds, skin problems and even sore throats. However, the innovative extraction process has allowed us to use tea tree oil for an even wider range of medical and cleansing purposes.



## Tea Tree Oil Extraction

Extracting the oil from the *Melaleuca alternifolia* (tea tree) leaf is quite a complicated process, which can explain why natural tea tree oil is such a hot commodity. The process of extracting oil from tea tree leaves is essentially a two step process. The first step extracts crude oil from the leaves and branches of the *Melaleuca* tree through steam distillation. During this 2 hour process the leaves and branches are drenched with steam in sealed stainless steel chambers. When the contents have reached about 212°F (100°C) the combined oil and steam vapor starts to rise and filters through a condenser.

Inside the condenser the mixture experiences a sudden drop in temperature, which allows it to condense into a mix of oil and water. From there the oil & water solution passes through a separation chamber to extract the oil from the water, which gives us the beautifully scented and all-natural tea tree oil.

However this is not the final step in the process. The second phase requires the storage of the all-natural tea tree oil for at least 12 hours in clean and sanitized vessels. This waiting period is an essential step for the best tea tree oil because it gives contaminants and excess water time to separate from the oil. This also gives the pure oil time to cool to match its surroundings until it is time for bottling.



This two step process is the most common for tea tree oil products that meet international standards, while also cleansing the oil to reduce instances of skin irritation.

Oil that is not extracted using this process is often less pure as many distilleries do not allow the twelve hour waiting period to purify the oil. Failure to follow that crucial step can lead to skin irritation and possibly a severe allergic reaction depending on the types of chemicals used in the distillation process.

## Traditional Uses

We know that the aboriginal Australians used the Melaleuca tree leaves mostly due to its antimicrobial activity.

Traditionally the Bundjalung Aborigines would crush up the tea tree leaves and inhale them for treatment of the common cold or symptoms such as coughing and wheezing. Crushed tea tree leaves were often rubbed directly into a wound, to disinfect and assist with the healing process.

More commonly however, the leaves were soaked and used to treat skin ailments, wounds and even sore throats. Soaked leaves were the most common, and likely the most effective, way to use the Melaleuca tree for medicinal purposes.

An interesting story about the Aborigines' use of the tea tree for healing is that of the healing lakes used by the Bundjalung. It is unknown if they knew it at the time, but research and the oral history indicate the 'healing lakes' were in fact lagoons filled with tea tree leaves. These leaves had naturally fallen into the lakes from nearby trees, decayed, and essentially fortified the water with their healing properties, over time.

## Modern Uses for Tea Tree Oil

Today we know that the oil extracted from the Melaleuca tree serves a multitude of purposes from healing to cleaning and cosmetic treatments to holistic healing.



*Healthy skin is just one benefit of tea tree oil.*

The substances found in tea tree oil are useful in the fight against bacteria, fungus and viruses, which is why it is helpful in fighting illness and cleaning germs around the home and office. Some consider tea tree oil a miracle ingredient because it has proven effective for the following modern uses:

- Skin care
- First Aid
- Household cleaning
- Hair care
- Aromatherapy
- Feminine care
- Chronic illnesses
- Dental care

Of course there are many more uses of tea tree oil that we will cover throughout this book, but these are just a few of the most common uses.

Tea tree oil has the “big three” antimicrobial properties. First it acts as an **anti-fungal** to get rid of basic fungal infections. Next it has **anti-viral** properties to help you fight off infections. Part of the anti-viral properties of tea tree oil includes its work as an **anti-bacterial**, which kills bacteria and prevents it from growing.

Due to these rather spectacular benefits, tea tree oil can be used in a variety of ways.

Don’t just take our word for it. See what the guys in white coats have to say about it.



## The Science on Tea Tree Oil



One does not need to be a scientist to see evidence of the widespread acceptance of tea tree oil as a viable alternative to traditional medical and cosmetic treatments. The inclusion of tea tree oil in common over the counter topical antiseptics and antibacterial medications serves as anecdotal evidence that the science behind tea tree oil is solid.

Although the medical community as a whole has been slow to study and embrace the efficacy of tea tree oil for medicinal purposes, there is a growing body of literature to support it. With research conducted in vitro (not on humans) and in vivo (on human subjects), there is growing evidence that tea tree oil provides an effective treatment method for bacterial and fungal infections.

For example a 2007 study<sup>1</sup> found topical tea tree oil effective for treating moderate acne. The trial was double-blind with 60 participants suffering from mild to moderate acne and lasted for 45 days. At the end of the 45 days, researchers found

---

<sup>1</sup> Enshaieh S., Jooya A., Siadat A.H., & Iraji F. (2007). The efficacy of 5% topical tea tree oil gel in mild to moderate acne vulgaris: a randomized, double-blind placebo-controlled study. *The Indian Journal of Dermatology, Venerology and Leprology*, (73)1, 22-5.

a significant difference between acne sufferers who used a topical tea tree oil gel and those who received the placebo. When compared to benzoyl peroxide, tea tree oil produces much less scaling and dryness after treatment, based on a comparative study.

Melaleuca oil has shown itself to be a much needed part of any first aid kit. A July 2013 study<sup>2</sup> conducted at the Good Shepherd Medical Center in Texas, found that patients with staphylococcus aureus infected wounds healed faster when treated with tea tree oil plus traditional treatments compared to those who *only* received conventional treatments. There have been other important studies to assess the effectiveness of tea tree oil to eradicate the carriage of Methicillin-resistant Staphylococcus aureus (MRSA), also known as a staph infection. One in vitro study found that nearly all (99.9%) of the MRSA isolate was eradicated within four hours and by the sixth hour it was all killed<sup>3</sup>.



*Even Mom knows that tea tree oil fixes almost any bump or scrape!*

When stacked against conventional methods of treating staphylococcus and MRSA<sup>4</sup>, tea tree oil is a very compelling choice.

---

<sup>2</sup> Chin, K.B. & Cordell, B. (2013). The Effect of Tea Tree Oil (*Melaleuca alternifolia*) on Wound Healing Using a Dressing Model. *Journal of Alternative and Complementary Medicine*, -Not available-, ahead of print. Doi:10.1089/acm.2012.0787.

<sup>3</sup> Carson, C.F., Hammer, K.A., & Riley, T.V. (2006). *Melaleuca alternifolia* (Tea Tree) Oil: a Review of Antimicrobial and Other Medicinal Properties. *Clinical Microbiology Reviews*, 19(1), 50-62.

<sup>4</sup> Dryden, M.S., Dailly, S., & Crouch, M. (2004). A randomized, controlled trial of tea tree topical preparations versus a standard topical regimen for the clearance of MRSA colonization. *The Journal of Hospital Infection*, 56(4), 283-6.

There is also a growing body of work illustrating the antiprotozoal effects of tea tree oil. One study published in *Planta Medica*<sup>5</sup> found tea tree oil was only one of three essential oils found to be toxic to bloodstream forms of African sleeping sickness (*Trypanosoma brucei*). Using tea tree oil as part of the treatment also significantly reduced the growth of the protozoa in *Trypanosoma brucei* and *Leishmania major*, a parasitic skin infection also known as leishmaniasis.

One area of research that is slowly gaining momentum is the efficacy of essential oils such as tea tree oil as part of aromatherapy treatment. Many in the scientific community have been reluctant to assign any value to aromatherapy, but a 2004 review<sup>6</sup> of aromatherapy (and massage therapy) studies on symptom relief for cancer patients found patients that underwent aromatherapy reported an increase in psychological well-being, although only in the short-term. This same review also found a small reduction in anxiety and some alleviation of physical symptoms of cancer as well.

A 2009 study of essential oil aromatherapy<sup>7</sup> found that the simple act of inhaling essential oils was an effective method of managing stress. This study tested high school students where some received aromatherapy while others received a placebo. Stress levels were lower in students who received the essential oil necklace than those given a placebo. Another study from 2012<sup>8</sup> used tea tree oil as a control scent against sweet orange aroma when testing anxiety, found the test aroma (sweet orange) produced less anxiety and tension but not as significantly as the control aroma (tea tree oil) did.

Other research endeavors have isolated single components of tea tree oil, which has added to what we have long known or assumed to be true about the antibacterial and antifungal benefits. Particularly, two strong substances in tea tree oil, terpinen-4-ol and  $\alpha$ -terpineol, have shown significant successes against fungi and bacteria<sup>9</sup>.

---

<sup>5</sup> Mikus, J., Harkenthal, M., Steverding, D., & Reichling, J. (2000). In vitro effect of essential oils and isolated mono- and sesquiterpenes on *Leishmania major* and *Trypanosoma brucei*. *Planta Medica*, 66(4), 366-8.

<sup>6</sup> Fellowes, D., Barnes, K. & Wilkinson, S. (2004). Aromatherapy and massage for symptom relief in patients with cancer. *Cochrane Database of Systematic Reviews*.

<sup>7</sup> Seo, JY. (2009). [The effects of aromatherapy on stress and stress responses in adolescents.] *Journal of Korean Academy of Nursing*, 39(3), 357-65.

<sup>8</sup> Goes, T.C., Antunes, F.D., Alves P.B. & Teixeira-Silva, F. (2012). Effect of sweet orange on experimental anxiety in humans. *Journal of alternative and complementary medicine*, 18(8), 798-804.

<sup>9</sup> Raman, A., Weir, U., & Bloomfield, S.F. (1995). Antimicrobial effects of tea-tree oil and its major components on *Staphylococcus aureus*, *Staph. Epidermidis* and *Propionibacterium acnes*. *Letters in Applied Microbiology*, 21(4), 242-5.

A 2002 study explored the efficacy of tea tree oil in dental applications<sup>10</sup>. This study compared tea tree oil against garlic and the antiseptic, chlorhexidine. The findings indicated tea tree oil could reduce the number of both mutans streptococci (the bacteria that contributes to tooth decay) as well as other oral bacteria, while garlic and chlorhexidine was only successful against mutans streptococci.

## Side Effects of Tea Tree Oil

With so much science to back up the many medicinal and household uses of tea tree oil, you might wonder why it doesn't get more mainstream attention. Despite the strong antibacterial properties of the Melaleuca tree extract, many physicians and pharmacologists are in favor of more widely accepted treatments such as antibiotic pills. There is a growing concern regarding antibiotic resistance due in part to over prescribing. Therefore more people are looking for more natural methods of killing bacteria.

As beneficial as tea tree oil can be for skin care, dental care and even household cleaning, it should never be ingested.

It is meant only for external use. If you have a known allergy to tea tree oil you should avoid any kind of contact with it.

---

<sup>10</sup> Groppo, F.C., Ramacciato, J.C., Simoes, R.P., Florio, F.M., & Sartoratto, A. (2002). Antimicrobial activity of garlic, tea tree oil, and chlorhexidine against oral microorganisms. *International Dental Journal*, 52(6), 433-7.



Those without allergic reactions may also experience some side effects, but it is extremely rare. Because tea tree oil is applied topically to the skin, hair and in the mouth (in mouthwash or toothpaste), rashes, itching and burning can occur.

The likelihood of experiencing any negative side effects can be reduced by using an all-natural tea tree oil such as *Apothecary Extracts Tea Tree Oil* which has been tested for purity and potency.



## Tea Tree Oil: Natural vs. Everything Else

It probably seems as if the whole world is on an all-natural *everything* kick, and they might be, but for a good reason. The many environmental toxins we inhale and absorb through our skin contribute to chronic illnesses and skin problems. By choosing products like *Apothecary Extracts Tea Tree Oil* that are all natural, you reduce your interaction with toxins and other contaminants that give you acne or make you sick more frequently.



The key when you start looking for tea tree oil is to first decide why you want or need it. If you plan to use it to create your own products for personal use you want to choose a natural extract that is undiluted so you can start with it as strong (and pure) as possible and then dilute it as your recipes call for it. Those with sensitive skin should make an added effort to find all natural tea tree oil to avoid negative skin reactions.

### All Tea Tree Oil Is Not Equal

The problem with essential oils in general is that many suppliers add other substances to cut costs, increase shelf life, or enhance their aroma. There isn't a governing body that requires companies to submit their products for testing, so unfortunately the customer is left to wonder. These additives reduce the effectiveness of the tea tree oil, and in some cases can be harmful. The only way to know for sure how pure your tea tree oil is – is to ask the supplier for a copy of their gas chromatography report and to compare it to the ISO standards found at <http://www.teatree.org.au/standards.php>. Don't be surprised if they don't have these test results though. The tests are expensive to perform and some people would rather you not know what is in their product.



## Before You Buy

When choosing your tea tree oil, you want to also look closely at the packaging. The product should be stored in an air-tight, dark-colored bottle so that sun and air exposure do not reduce its effectiveness. While you may prefer a clear or light colored bottle for your oil so you can gauge your stock, light and air exposure are the enemies of tea tree oil.



Bottles often come in dark brown or green colors to keep the oil as close to its original state as possible.

Once you have received your bottle of tea tree oil you should do a skin test. Use your arm or leg as the guinea pig and rub the oil on a tiny patch of skin no bigger than a nickel. If you don't experience any skin irritation or other side effects, you should feel confident that you are not allergic to tea tree oil and can begin using it in a variety of personal care and home cleaning solutions. If you are among the small percentage of tea tree users who experience a negative reaction then you may want to try mixing it with a carrier oil such as coconut oil or almond oil to dilute it.

## Skin Care Treatments

Most people don't realize that the source for many skin problems such as acne, blackheads, whiteheads and rashes can often be traced to one of three sources: infections, bacteria and plain old dirt. Skin infections and rashes can be treated with tea tree oil thanks to the antibacterial properties. These antiseptic properties are the perfect way to pull excess dirt and toxins from the top layers of the skin.

Whether your skin problems are cosmetic—acne, scars, dry skin or oily skin—or are caused by a more serious health concern, tea tree oil can play a role in reversing or treating the problems.



In the following sections you'll see we have come up with some amazing tea tree oil recipes that will help you treat any of the following skin conditions:

- ✓ Acne
- ✓ Eczema
- ✓ Psoriasis
- ✓ Sunburn
- ✓ Bug bites
- ✓ Warts
- ✓ Skin tags

- ✓ Ringworm
- ✓ Boils
- ✓ Corns
- ✓ Dry skin/dandruff
- ✓ Scars & scratches
- ✓ Calluses
- ✓ Chicken Pox marks
- ✓ Dermatitis
- ✓ Hives
- ✓ Jock Itch
- ✓ Staph infection

A lot of over the counter skin care products *do* contain antiseptic ingredients to clean the skin. However they often also contain plenty of other chemicals that aren't doing your skin any favors.

The same can be said of high priced prescription medications that may work but produce other unwanted side effects. The benefit of using all-natural tea tree oil is that it won't product any negative side effects (assuming you aren't allergic to it).



## Tea Tree Oil Spot Remover

### What You Need:

- 1 oz. Aloe Vera gel
- 3 drops *Apothecary Extracts Tea Tree Oil*
- 2 drops of raw honey
- Lip balm tube or small tin storage container



**Mix It:** Use a wooden applicator to stir all ingredients together until blended and store in tin storage container.

**Apply It:** Place a small amount of the spot remover on the pads of your fingers and apply to acne spots.

Keep refrigerated between uses.

## Cleansing Tea Tree Oil & Clay Mask

### What You Need:

- 2 tbsp. green or red clay powder
- 4 tbsp. *Apothecary Extracts Tea Tree Oil*
- Water



**Mix It:** Place clay powder and oil into a small bowl then add enough water to form a thick paste.

**Apply It:** Apply the mask evenly to your face and neck with your finger tips or a makeup brush and leave on for 15 to 20 minutes. Once the tea tree oil and the clay have had a chance to work their collective magic, you can rinse it off with warm water and pat your face dry.

*This is a weekly treatment; too many applications may dry out your skin.*

## Refreshing Tea Tree & Tomato Face Wash

### **What You Need:**

- 1 tsp. pure jojoba oil
- 3 drops *Apothecary Extracts Tea Tree Oil*
- 1 tomato, chopped
- Potato masher or food processor



**Mix It:** Chop tomato and place it in a bowl, then pour tea tree and jojoba oils over it. Mash until a puree is formed.

**Apply It:** Apply liberally to face and neck. Leave on for 5 to 10 minutes and wipe off with a damp warm wash cloth.





## Refreshing Facial Toner

### **What You Need:**

- ¼ cup natural witch hazel
- 7 drops *Apothecary Extracts Tea Tree Oil*
- 1 cup room temperature green tea
- 3 drops jasmine essential oil



**Mix It:** Make the cup of green tea by pouring hot water over tea bags. Steep tea until it has cooled to room temperature then discard bags. Add witch hazel to tea and then pour into a storage bottle with sealable lid. Add in oils and shake well to blend.

**Apply It:** Tip the bottle over a cotton ball to wet it and apply to face and neck area. Be sure to wash and dry face first.



**TIP:** If you suffer acne on your back, add toner to a spray bottle for an easier application.

## Moisturizing Face Wash

### **What You Need:**

- ¼ cup Greek Yogurt
- 4 drops *Apothecary Extracts Tea Tree Oil*
- 2 drops fresh lemon juice



**Mix It:** Whisk yogurt, lemon juice and tea tree oil in a small bowl.

**Apply It:** Rub onto face and neck in a circular motion for about 2 minutes. Rinse with warm water and pat face dry. This mixture can be used as a daily face wash for dry skin.

## Replenishing Tea Tree Oil Body Scrub

### **What You Need:**

- ½ cup raw brown sugar
- 8 drops *Apothecary Extracts Tea Tree Oil*
- 1 tbsp. raw honey
- ¼ cup sesame oil



**Mix It:** Stir all ingredients together and store in a jar.

**Apply It:** Scoop some up with your finger tips and rub on face, neck and body. Continue to rub the scrub in for a few minutes, then rinse off with warm water.



## Soothing Tea Tree Oil Deodorant

### **What You Need:**

- 12 drops *Apothecary Extracts Tea Tree Oil*
- ½ cup baking soda
- 5 tbsp. coconut oil (extra virgin if you can find it)
- ¼ cup arrowroot powder (or cornstarch)
- Empty deodorant container or metal tub with a lid



**Mix It:** Mix baking soda and arrowroot powder into a bowl then add coconut and tea tree oils to form a paste. Pack it into a deodorant container or metal container and store in the fridge.

**Apply It:** Glide on armpits using deodorant bottle or apply with fingers.



## Milky Tea Tree Oil Scrub

### **What You Need:**

- 1 cup pure coconut butter
- 10 drops *Apothecary Extracts Tea Tree Oil*
- ½ cup whole raw almonds

**Mix It:** Place almonds in a food processor and pulse about 5 to 8 times, until there are tiny pieces remaining but not until you have a fine powder or milk. Add almonds to coconut butter and tea tree oil until blended.



**Apply It:** Rub scrub into face and body in a circular motion. Rinse off with warm water and pat skin dry.

## Exfoliating Sweet Banana Scrub

### **What You Need:**

- 1 overripe banana
- 1/3 cup stone ground oats
- ¼ tsp. *Apothecary Extracts Tea Tree Oil*
- 1 tbsp. sesame oil



**Mix It:** Mash banana with a fork until no longer lumpy. Add in oats and oils then blend.

**Apply It:** Rub on face, neck or body to remove dry or dead skin. Rinse with warm water.



## Antibacterial Hand Scrub

### **What You Need:**

- Soap dispenser (cleaned with hot water & dried)
- ½ tbsp. *Apothecary Extracts Tea Tree Oil*
- 1 lemon, juiced
- 1 cup sea salt (medium fine grains)
- 2 drops lemon essential oil
- 1/3 cup olive oil



**Mix It:** Add all ingredients into a wooden mixing bowl and stir until well blended. Pour mixture into empty soap dispenser and place in bathroom and kitchen.



**Apply It:** Pump handle once into your hands and rub thoroughly, about 30 seconds, before rinsing with hot water.

## Eczema Scrub

### **What You Need:**

- ½ cup Sea salt, medium-coarse
- 1 tsp. lemon zest
- 10 drops *Apothecary Extracts Tea Tree Oil*
- 1 sprig of Rosemary needles
- ½ lemon, juiced



**Mix It:** Place lemon zest, rosemary and salt in a food processor and pulse until mixed but not pulverized. Place in small mixing bowl and mix in lemon juice and tea tree oil with your fingers.



**Apply It:** Scoop the scrub in your hands and rub it on the eczema areas affected.

*Note: Rub gently on face and neck to prevent further abrading skin.*

## Silky Smooth Lip Scrub

### **What You Need:**

- Superfine sugar
- 5 drops olive oil
- 9 drops *Apothecary Extracts Tea Tree Oil*
- Airtight container
- 2 drops peppermint oil



**Mix It:** Combine ingredients until a paste forms and store in airtight container.

**Apply It:** Rub the paste over dry lips with 2 fingers in a circular motion, massaging for up to a minute the wipe off with a warm damp cloth.



## Minty Tea Tree Oil Lip Balm

### **What You Need:**

- 1 cup Beeswax, shaved
- 4 drops *Apothecary Extracts Tea Tree Oil*
- 3 tbsp. coconut oil
- 1 tsp. vitamin E oil
- 3 mint leaves
- Lip balm tube or metal pot

**Mix It:** Place mint leaves in food processor and pulse until tiny bits are left. Use a double boiler to melt the beeswax. Add mint and coconut oil until it is melted. Remove from heat and stir in tea tree oil until everything is blended. Place in container and store.



**Apply It:** When the balm is set, use a brush or the pad of your fingers to run over lips as needed.

## Fortifying Citrus Foot Scrub

### **What You Need:**

- ½ cup medium-coarse sea salt
- ¼ cup Coconut or jojoba oil
- 5-10 drops *Apothecary Extracts Tea Tree Oil*
- ½ tsp. lime zest
- ½ tsp. grapefruit zest
- Large clean jar with lid



**Mix It:** Combine all ingredients together until perfectly blended.



**Apply It:** Apply scrub to feet thoroughly, between toes and rub in a circular motion for 1 to 3 minutes. Rinse off with warm water, then moisturize.

## Tea Tree Oil Hair Care Treatments

Regardless of the type of hair you have—kinky, silky, frizzy or curly—tea tree oil can help in a variety of ways. In fact many shampoos contain small amounts of tea tree oil to treat dandruff, dry scalp, psoriasis, lice and even cradle cap. The antibacterial and antiviral properties associated with tea tree oil can be used to treat scalp infections and irritations, while the all natural moisturizing properties helps keep the hair and scalp healthy and shiny.

The following are just some of the known benefits of tea tree oil for your hair:

- ✓ Prevents hair loss
- ✓ Treats lice
- ✓ Facilitates hair growth
- ✓ Treats & eliminates dandruff
- ✓ Treats cradle cap
- ✓ Unblocks the hair follicles that cause dandruff

The problem with many mass produced hair and scalp products is that the amount of tea tree oil contained is so small that it's unlikely to produce any real results.



### Tea Tree Oil & Hair

Hair, whether it is thin and brittle or thick and durable, is quite a fragile thing. It is susceptible to damage due to a variety of environmental factors that include sun,



wind, smoke and dust. Then there are the things we do to our own hair such as chemical treatments like perms and hair dye, curling irons, hairspray, pomade and gel. These substances really stress and damage the hair.

The best way to maintain healthy and beautiful hair is to use all natural products that do minimal damage to the hair and scalp. While chemical laden products cleanse the hair, they also strip away the shine and natural bounce.

Tea tree oil is a good ingredient for your regular shampoo because it leaves hair looking glossy and fresh. Tea tree oil helps combat the buildup of sebum on the scalp. This helps prevent dandruff and itchy scalp which can leave hair looking dull and lifeless.

Using natural tea tree oil in homemade hair products will give you the most effective hair care products made without harsh chemicals that damage the hair.

## Tea Tree Oil & Scalp

Tea tree oil is a powerful antibacterial agent which helps treat problems that affect the scalp such as dandruff, acne and dry, flaky skin. Unlike scalp products that often contain the harsher benzoyl peroxide, tea tree oil cleanses and moisturizes without drying skin out. As an antibacterial you can use tea tree oil to cleanse away buildup on the scalp.

This build up can dry out your scalp and cause dandruff.

In fact many of the scalp treatments that use tea tree oil can also be used to treat skin that is dry and irritated from shaving and harsh shaving products.

A simple hot oil treatment on the scalp using tea tree oil

can cleanse and moisturize without damaging side effects. Massaging the scalp with a tea tree oil treatment will reduce the inflammation that prevents hair growth by



stimulating blood flow. These types of scalp treatments, however, should **not** contain just tea tree oil as that can cause scalp irritation and dryness. You should mix it with carrier oils, water and other substances as you will see in the recipes that follow.



*Too many chemicals contribute to unhealthy hair and scalp.*

## Dry Scalp Lavender Rinse

### **What You Need:**

- 3-4 drops of *Apothecary Extracts Tea Tree Oil*
- 4 cups water
- ½ cup dried lavender
- ¼ cup apple cider vinegar

**Mix It:** Bring water to a boil then add lavender and vinegar. Reduce heat to simmer for 25 minutes until lavender begins to sink. Remove from heat and add tea tree oil, let cool. Strain into glass jar and store.



**Apply It:** After shampooing your hair, shake the container to mix oil back in and pour a few handfuls over your head and work it in, making sure to massage the scalp. Leave it on for 3 to 9 minutes before rinsing.

## Almond & Tea Tree Cradle Cap Treatment

### **What You Need:**

- 5 drops *Apothecary Extracts Tea Tree Oil*
- ½ cup almond oil
- Tea Tree Oil Shampoo

**Mix It:** Blend oils together and place in container with an easy pour spout.

**Apply It:** Massage the oil mixture into the scalp and leave it on for 5 minutes, then rinse out with a tea tree oil shampoo.



## Moisturizing Oil Treatment

### What You Need:

- 1 tbsp. coconut oil
- 10 drops *Apothecary Extracts Tea Tree Oil*
- Double boiler



**Mix It:** Heat coconut oil in a double boiler until it is warm and liquid. Remove from heat and add tea tree oil.

**Apply It:** Dip the tips of your fingers into the oil mixture and massage into your scalp gently. Make sure your entire scalp has been treated, but not saturated or you will end up with oily hair. Leave on for 20 minutes up to overnight, then perform your regular hair routine.

## Creamy Tea Tree Oil Shampoo

### What You Need:

- Empty Shampoo bottle
- 15 drops *Apothecary Extracts Tea Tree Oil*
- 5 drops essential rose oil
- ¼ cup coconut milk
- ½ tsp. almond oil (for dry hair)
- 3 vitamin E oil capsules
- 1/3 cup liquid castile soap



**Mix It:** Combine all ingredients in a shampoo bottle or a foaming pump dispenser and shake well. Store in the bathroom for up to 1 month.

**Apply It:** Shake bottle well before squeezing about 1-1 ½ teaspoons per shampoo into your hand. Massage gently into scalp and hair and leave on for 2 minutes then rinse. Repeat as necessary.





## Gentle Cleansing Shampoo

### **What You Need:**

- ¼ cup liquid Castile soap
- ½ tsp. *Apothecary Extracts Tea Tree Oil*
- 3 drops jojoba oil
- ¼ cup distilled water
- Flip cap shampoo bottle

**Mix It:** Pour all ingredients into a flip cap bottle and shake well to blend. Store bottle in the shower for up to 2 months.

**Apply It:** Tilt the bottle over your head until a quarter sized amount appears and work into a rich lather. Rinse thoroughly and repeat as necessary.



*This shampoo is great for everyday use for normal hair and scalp.*

## Super Lux Polishing Shampoo

### **What You Need:**

- 1 tbsp. rosemary
- 1 cup liquid Castile soap
- 1 tbsp. almond essential oil
- 1/8 tsp. lemon essential oil
- 10 drops *Apothecary Extracts Tea Tree Oil*
- 1 cup distilled water

**Mix It:** Boil distilled water and add rosemary and let it steep for 45 minutes. Remove from heat and strain rosemary needles then add oils and soap. Stir or whisk until blended and store in flip cap bottle.

**Apply It:** Pour a small amount, about the size of a nickel, into your hair and work into a lather. Rinse with warm water.



## Detangling Tea Tree Oil Conditioner

### **What You Need:**

- 10 drops *Apothecary Extracts Tea Tree Oil*
- 1 tbsp. apple cider vinegar
- Clean spray bottle
- 1 cup distilled water

**Mix It:** Add all ingredients to the clean spray bottle and shake well to blend.

**Apply It:** After shampooing your hair spritz enough detangling conditioner to coat hair and come through damp hair.



**TIP:** Add rose, lemon or peppermint essential oil for added fragrance.

## Super Soft Protein Deep Conditioner

### **What You Need:**

- 4 drop lavender essential oil
- 5 drops *Apothecary Extracts Tea Tree Oil*
- 3 tbsp. plain yogurt (more if your hair is past your shoulders)
- 1 tbsp. natural honey
- 2 tbsp. apple cider vinegar
- Plastic or metal jar for storage

**Mix It:** Mix all ingredients together until well blended. Store in a cool place away from direct heat.



**Apply It:** After washing hair, divide hair into 4 sections. Add conditioner from root to tip and twist each section into a bun. Put on a plastic, shower or heating cap for 45 minutes to 1 hour. Rinse hair thoroughly and style as desired.

**TIP:** If you use lots of product in your hair, use this deep conditioner once a week.



## Replenishing Hair Mask

### **What You Need:**

- 8-10 drops of *Apothecary Extracts Tea Tree Oil*
- 1 medium avocado, pitted and chopped
- 1 egg
- 1 tbsp. honey
- 1 tbsp. extra virgin olive oil
- 1 tbsp. coconut oil



**Mix It:** Combine all ingredients in a bowl and mix with your fingers or a blender until smooth.

**Apply It:** Scoop mask up and rub into hair from root to tip then twist hair on top of your head. Leave it on 15 to 45 minutes then rinse thoroughly.



## Home Care & First Aid Remedies

Tea tree oil has three main properties that make it such a powerhouse ingredient for first aid and home remedies: anti-fungal, anti-viral and anti-bacterial properties. Because of this it can be used to treat a variety of cuts, burns, infections and other irritants.

Tea tree oil has been shown effective against athlete's foot, warts, cold sores and common viruses such as the flu and chicken pox.

When used with the right combination of ingredients, tea tree oil can become a staple in your medicine cabinet. You can say goodbye to painful antiseptics, because the all-natural tea tree oil from *Apothecary Extracts* is mild and soothing for a less painful first aid treatment.





## Tea Tree Oil Antiseptic Spray

### **What You Need:**

- 15 drops *Apothecary Extracts Tea Tree Oil*
- 20 drops lavender essential oil
- 1 tsp. liquid Castile soap
- 2 oz. rose water
- 4 oz. Aloe Vera
- 5 drops each thyme & myrrh oils
- 2 oz. witch hazel infused with herbs

**Mix It:** Combine all ingredients into a glass jar and shake well to blend. Pour into a dark colored spray bottle. Store away from sunlight and you will get up to 2 years use from the spray.

**Apply It:** Clean and pat wounds, burns, cuts and scratches dry then spray antiseptic prior to bandaging. 3 to 5 spritzes should be sufficient.



## Antiseptic Tea Tree Oil Ointment

### **What You Need:**

- 2 oz. grated beeswax
- 1 tsp. *Apothecary Extracts Tea Tree Oil*
- 1/3 tsp. vitamin E oil
- 15 drops lemon essential oil
- 20 drops lavender essential oil
- 1 ¼ cup coconut oil
- Sterilized jars or metal tins with lid



**Mix It:** Place beeswax and coconut oil in a double boiler over low heat until melted. Remove from heat and stir in essential oils and vitamin E oil. Use a new wooden stirrer to prevent contaminating the mixture. Pour into selected containers and let sit until cooled completely then store in a cool dark place.

**Apply It:** Rub ointment on scars, scraps and scratches in a thin layer.

*Note: This ointment has a shelf life of about 5 years.*

## Soothing Autumn Balm

### **What You Need:**

- 2 oz. beeswax, grated
- 2 cups avocado oil
- 10 drops *Apothecary Extracts Tea Tree Oil*
- 10 drops geranium essential oil
- Disinfected & dry mason jar



**Mix It:** Melt the avocado oil and beeswax over low heat using a double boiler. Remove from heat then add essential oils before storing in clean jar. Let mixture cool and set then store away from direct heat and light.



**Apply It:** Apply a small amount to dry, cracked skin and wounds.

## Tea Tree Oil Burn Treatment

### **What You Need:**

- 1 ¼ cup olive oil
- ¼ oz. wormwood
- ¼ oz. marshmallow root
- ¼ oz. witch hazel bark
- 4 oz. raw honey
- 2 oz. beeswax
- 10 drops *Apothecary Extracts Tea Tree Oil*
- Glass or plastic storage vessel

**Mix It:** Place olive oil, wormwood, witch hazel bark and marshmallow root into a double boiler with the oil and simmer for 60 minutes, checking frequently. Discard roots and bark from oil. Melt beeswax, starting 1 oz. at a time to make sure it doesn't get too thick and hard to work with then remove from heat. Add beeswax and infused oil and stir with a stick until blended and cooled, then add honey and tea tree oil. Transfer to storage vessel and store in a cool dark place.



**Apply It:** Apply directly to sunburn, blisters, burns, rashes, wounds, chapped lips and wind burned skin.

## Tea Tree Oil & Butter Itch Relief

### **What You Need:**

- 1 tsp. *Apothecary Extracts Tea Tree Oil*
- 1 tsp. rosemary essential oil
- 2 tbsp. beeswax, shaved
- 2 tbsp. each Shea butter & cocoa butter
- 1 tsp. Neem oil
- 2 tbsp. coconut oil
- 1 tbsp. oil infused with dried calendula flowers, lemon balm leaf, chickweed, goldenseal root and plantain leaf
- Mason jar or push up tube



**Mix It:** Melt infused oil, coconut oil, butters, Neem oil and beeswax in a double boiler over low heat. Remove from heat and let cool about 10 minutes then add rosemary and tea tree oil. Pour into a push up tube and let cool overnight before storing in away from light and heat sources.



**Apply It:** Rub a small amount over bug bites and stings to relieve itchiness.

## Tea Tree Oil Steam Inhalant

### **What You Need:**

- 4 cups of hot water
- 2 drops *Apothecary Extracts Tea Tree Oil*
- 1 drop eucalyptus oil
- 1 large bowl
- 1 large towel

**Mix It:** Bring water to a boil and remove from heat. Pour water into a heat safe bowl and add tea tree and eucalyptus oils. Swirl to blend. Cover your head with towel so the steam does not escape.



**Apply It:** Inhale the steam for 5 to 10 minutes to relieve nasal and sinus congestion.



## Hot Tea Tree Oil Compress

### **What You Need:**

- 1 wash cloth or hand towel
- 2 cups hot water
- 1 sprig fresh Rosemary
- 3 drops *Apothecary Extracts Tea Tree Oil*
- 2 drops lavender oil



**Mix It:** Heat water and rosemary until it begins to steam but not boil. Remove water from heat and add tea tree and lavender oil. Immerse towel into infused water for 1 minute; wring water out until towel is moist but not dripping.



**Apply It:** Place towel on area affected with boils, ingrown hairs, carbuncles, bruises, sore muscles and chicken pox. Repeat steps when towel begins to cool.

## Tea Tree Oil Soak For Sore Muscles

### **What You Need:**

- 5 drops *Apothecary Extracts Tea Tree Oil*
- Epsom salts
- Tub full of hot water (as hot as you can stand it)

**Mix It:** Pour salts and oil into bath water as it is filling so it mixes. Use your hand to swirl ingredients together.



**Apply It:** Sit in the hot tub and relax to relieve tension in tight muscles and treat vaginal infections.

## Topical Tea Tree Oil Treatment

### **What You Need:**

- 10 – 15 drops *Apothecary Extracts Tea Tree Oil*
- Cotton swabs or cotton-tipped sticks (like Q-tips)
- 1 tbsp. coconut, grape seed or jojoba oil
- Plastic or glass container with easy dispenser

**Mix It:** Melt coconut oil until liquid and remove from heat. Add in tea tree oil and store.



**Apply It:** Use a cotton ball, stick or fingertips to apply to affected areas to treat acne, toenail fungus, pain associated with sciatica and rheumatism, psoriasis, gout, jock itch & yeast infections, corns and bunions. Use this blend for massages as well.

## Minty Tea Tree Oil Toothpaste

### **What You Need:**

- 3/8 cup boiling water
- 11 drops peppermint essential oil
- ¼ cup bentonite clay (powder)
- ¼ tsp. sea salt
- 10 drops Stevia
- 6 drops *Apothecary Extracts Tea Tree Oil*

**Mix It:** Add clay and sea salt to a mixing bowl and pour boiling water over it, mixing with a hand mixer. Slowly add Stevia and essential oils, tasting ever so often until you get the taste you want. Add to a glass jar or pot with an airtight lid.



**Apply It:** Dip toothbrush into paste until covered and use as normal.

*Do not swallow this toothpaste, it should not be ingested.*

## Tangy Disinfecting Mouthwash

### **What You Need:**

- 6 drops *Apothecary Extracts Tea Tree Oil*
- 3 drops of Stevia (optional)
- 1 1/3 cups distilled water
- 5 drops peppermint essential oil

**Mix It:** Combine all ingredients together in a bowl until blended and transfer to a glass or plastic bottle with a lid. Shake well and store in medicine cabinet.



**Apply It:** Shake well before each use. Fill lid with mouthwash and rinse as normal.

*It is important that you avoid swallowing the mouthwash. Tea tree oil should not be ingested.*



## Fresh Breath Mouthwash

### **What You Need:**

- 4 drops *Apothecary Extracts Tea Tree Oil*
- 1 cup distilled water
- 1 tsp. baking soda
- 2 drops peppermint essential oil

**Mix It:** Combine the water with the baking soda until baking soda is dissolved. Add in tea tree oil and mix well. Place mouthwash in a clean mouthwash bottle and store in the bathroom.

**Apply It:** Fill one cap with mouthwash, swish around and spit it out. Rinse as needed.





## Aromatherapy Options

Essential oils have been used for thousands of years, in a more rudimentary form, due to their healing and sedative properties. Whether in the form of a massage or by emitting the healing fragrances, tea tree oil is effective for aromatherapy because the human sense of smell is a powerful thing; distinguishing between tens of thousands of unique scents and odors, some of which trigger memories or relaxation responses.

The best thing about aromatherapy is that you can use it to take the edge off just about anywhere from the office to the car to your at home sanctuary. You have learned a lot about *Melaleuca alternifolia* up to this point so you already know how powerful it is for a variety of ailments, but did you know that when mixed with other essential oils tea tree oil can induce positive feelings of relaxation and stress relief?

Making your own aromatherapy tools is the best way to ensure you're getting only the things you want like less stress, a better mood and improved immunity, while leaving out the things you don't such as unknown toxins and chemical additives.

Before you begin assembling your collection of Apothecary Extracts Tea Tree Oil aromatherapy recipes, you should make sure you have a few additional essential oils on hand for mixing, including;

- Olive oil
- Almond Oil
- Coconut Oil
- Jojoba Oil

Then you will want a variety of other oils to help you create the perfect relaxing, sleep-inducing, stress-relieving, body healing combination. Some of these oils can be found online or at a local holistic healing center;

- Allspice berry – healing & nurturing
- Sweet basil – revitalizing & energizing
- Atlas Cedar – centering & strengthening
- Chamomile – sooth & relaxing
- Eucalyptus – Balance
- Jasmine – calming, sensual & romantic
- Lemongrass – cleansing
- Peppermint – refreshing

Keep in mind that you want to make sure the scents blend well together or what should be a relaxing aromatherapy session may turn into stressful even you or your nose may not soon forget.



## Tea Tree Oil Diffusers

### **What You Need:**

- 8 thin bamboo rods
- 1 tbsp. *Apothecary Extracts Tea Tree Oil*
- 1 cup of water
- Glass vase or jar that is not longer than bamboo rods
- ¼ tsp. lavender oil

**Mix It:** Measure out water and oils and pour them into vase or jar. Place bamboo rods in and let them soak for 10 to 15 minutes.



**Apply It:** Flip bamboo rods upside down so the soaked half will permeate the air.

## Fortifying Air Freshener

### **What You Need:**

- 10-15 drops *Apothecary Extracts Tea Tree Oil*
- 2 tbsp. clear gelatin powder
- Clean jars
- ½ cup hot water
- 5 drops peppermint essential oil
- 5 drops sweet basil essential oil

**Mix It:** Stir all ingredients over low heat until the gelatin is fully melted, then pour into clean jars. Refrigerate until gel has set.



**Apply It:** Set jars wherever you need a bit of strength or energy; in your office, bathroom, kitchen or car.

## Bye Bye Anxiety Bath Oil

### **What You Need:**

- 7 drops *Apothecary Extracts Tea Tree Oil*
- 7 drops bergamot essential oil
- 6 drops sandalwood essential oil
- 2 oz. Jojoba oil

**Mix It:** Combine ingredients together and place in a dark colored bottle.



**Apply It:** Place about ¼ oz. of bath oil into the bathtub after the water is done running and swirl to mix.



## Relaxing Bath Oil

### **What You Need:**

- 7 drops *Apothecary Extracts Tea Tree Oil*
- 5 drops rose essential Oil
- 5 drops lavender essential oil
- 3 drops mandarin essential oil
- 2 oz. coconut oil

**Mix It:** Place all ingredients in small pan over low heat until coconut oil is fully melted. Store jar in a dark colored jar in a cool, dark place.



**Apply It:** Add ¼ to ½ oz. of bath oil to the water just before you step in, and relax.

## Pick Me Up Bath Salts

### **What You Need:**

- 1 ½ cups Himalayan Pink sea salt
- 1 ½ cups Epsom salt
- 1 tbsp. Jojoba oil
- 8 drops *Apothecary Extracts Tea Tree Oil*
- 8 drops rosemary essential oil
- 8 drops bergamot essential oil
- 1 jar, cleaned and dried

**Mix It:** Place the salts into a large bowl and mix with Jojoba oil with a wooden spoon. Add essential oils and mix again, then transfer to jar with a tight fitting lid.



**Apply It:** Add ½ to 1 cup of bath salts to running water, mixing well to make sure salts dissolve.

## Invigorating Massage Oil

### **What You Need:**

- 6 drops *Apothecary Extracts Tea Tree Oil*
- 4 drops grapefruit essential oil
- 2 drops ginger essential oil
- 1 oz. Sweet almond oil
- 1 dark colored jar with airtight lid

**Mix It:** Combine oils in a small bowl until blended. Store oils in dark colored jar.



**Apply It:** Apply up to 1 teaspoon of oil for each massage, but use more if needed.

## Healing Massage Oil

### **What You Need:**

- 2 drops ginger essential oil
- 4 drops peppermint essential oil
- 5 drops *Apothecary Extracts Tea Tree Oil*
- 4 drops eucalyptus essential oil
- 1 drop black pepper essential oil
- 1 oz. coconut oil

**Mix It:** Combine all oils over low heat until coconut oil is melted and then let cool for 10 minutes. Transfer oil to dark colored glass with airtight lid.



**Apply It:** Use 1 to 1 ½ tsp. of oil for full body massage, or target sore muscles specifically.

## Tea Tree Oil Air Mist

### **What You Need:**

- 10 drops *Apothecary Extracts Tea Tree Oil*
- 15 drops clary sage essential oil
- 5 drops lavender essential oil
- 9 drops lemon essential oil
- 1.5 oz. distilled water
- 1.5 oz. vodka (optional. If you omit vodka, double distilled water)
- Clean spray bottle that has never held any chemical products

**Mix It:** Fill spray bottle first with water and alcohol then add in essential oils. Shake well before using.



**Apply It:** Using the fine mist setting, dispel a few mists around the room. This spray may also be used to kill certain odors in carpeting and outer wear.



## Sleepy Time Diffuser

### **What You Need:**

- 5 drops *Apothecary Extracts Tea Tree Oil*
- 5 drops bergamot essential oil
- 10 drops Roman chamomile essential oil
- 8 thin bamboo rods
- 1 cup of water
- Glass vase or jar that is not longer than bamboo rods

**Mix It:** Measure out water and oils and pour them into vase or jar. Place bamboo rods in mixture and let them soak for 10 to 15 minutes.



**Apply It:** Place diffuser on your nightstand and let the aromatic blend relax you, making sleep easier. Turn bamboo rods over to enhance scent.

## Refreshing Potpourri Mix

### **What You Need:**

- A mix of unscented potpourri (dried flowers, leaves, wood chips and petals)
- Decorative bowl or mesh bag
- 10 drops *Apothecary Extracts Tea Tree Oil*
- 9 drops bergamot essential oil
- 5 drops lemon essential oil
- 7 drops grapefruit essential oils
- 4 drops Ylang Ylang essential oil
- 2 drops cedarwood essential oil

**Mix It:** Place assortment of unscented potpourri into the decorative bowl. Combine oils into a dark colored glass with an airtight lid and roll it between your hands to blend. Place 5 to 10 drops of the oil mixture over your potpourri. Add more oil as needed.



**Apply It:** Display decorative bowls or bags of all sizes all over your home and office. Place in undergarment drawers, closets and anywhere else you need to smell good.

## TGIF Happy Diffuser

### **What You Need:**

- 10 drops *Apothecary Extracts Tea Tree Oil*
- 5 drops geranium essential oil
- 3 drops frankincense essential oil
- 2 drops orange essential oil
- Ceramic or glass diffuser and tea candle

**Mix It:** Add all essential oils into a dark colored glass bottle with an airtight lid. Roll the glass between your hands to blend. Store in a cool, dark place.



**Apply It:** Place 5 to 10 drops in the bowl of the diffuser along with 1 tablespoon of water and light the candle. Blow out candle and start again when scent is no longer being expelled.

## Household Cleaners & Solutions

The same substances that make tea tree oil so effective for treating skin & hair and first aid are also what make it an effective cleaning and disinfecting agent. Perhaps the most touted benefit of the *Melaleuca alternifolia* tree is its bacteria killing abilities. Whether it is a bacteria causing acne, dandruff or mold, tea tree oil provides a safe and effective way to get rid of it.

Unlike many of the popular brands of household cleaners, tea tree oil isn't full of harsh chemicals that harm the skin and lungs. By making your own tea tree oil based cleansers you can stop worrying about the damage caused by inhaling bleach and ammonia filled products.

If you need another reason to upgrade to tea tree oil to clean your home consider this: researchers have found that popular household disinfectants can cause bacteria to become resistant and mutate to become stronger against your current household cleaner. Bleach, which is contained in nearly all cleaning products from window cleaner to toilet disinfectant and laundry detergent, can damage the lungs, eyes and skin over time.

With that in mind, it is time to look to cleaning ingredients that are as effective as bleach but without the harsh side effects. The top two are: vinegar and tea tree oil.

Why?

It's quite simple really; vinegar can kill 99% of bacteria and more than 80% of mold, viruses and germs, making it an effective replacement for harsh chemicals. Specifically distilled and apple cider vinegars have proven effective cleaning agents for removing stains, killing bacteria and germs.

Then there is our trusted tea tree oil, which is also a highly powerful and potent disinfectant that we know kills fungi, viruses and bacteria<sup>11</sup>. A study in the *Journal of Antimicrobial Chemotherapy* tested tea tree oil and found it 99% effective in killing antibiotic resistant bacteria<sup>12</sup> like MRSA. When combined with vinegar you can kill as many germs and bacteria as more commonly used stain removers and disinfectants.

---

<sup>11</sup> Carson, C.F., Hammer, K.A., & Riley, T.V. (2006). *Melaleuca alternifolia* (Tea Tree) Oil: a Review of Antimicrobial and Other Medicinal Properties. *Clinical Microbiology Reviews*, 19(1), 50-62.

<sup>12</sup> May, J., Chan, C.H., King, A., Williams, L., & French, G.L. (2000). Time-kill studies of tea tree oils on clinical isolates. *Journal of Antimicrobial Chemotherapy*, 45(5), 639-43.

Be sure to buy all natural pure essential tea tree oil such as *Apothecary Extracts Tea Tree Oil*. This type of oil gives you the most potency so you can dilute it as needed to fit your cleaning needs.

Don't forget to label spray bottles and jars of cleaning solution to avoid messy mix ups.



## All Purpose Tea Tree Oil Cleaner

### **What You Need:**

- 2 tsp. *Apothecary Extracts Tea Tree Oil*
- 1 clean spray bottle
- 2 cups distilled water
- 6 oz. white vinegar
- 20 drops of cassia or lemon essential oil (*optional to get rid of vinegar odor*)

**Mix It:** Combine all ingredients into spray bottle and give it a good shake. Shake it prior to each use because the oils will separate from the water.



**Apply It:** Spray on to spot clean stains, germs and any other bacteria.

**Note:** Be sure to use measuring tools dedicated to cleaning solutions. Do not mix with cooking utensils as essential oils may not be ingested.

## Cleaning & Whitening Tea Tree Oil Detergent

### **What You Need:**

- 1 bar of pure Castile soap
- 1 cup borax (sodium borate)
- 1 cup washing soda (sodium carbonate or soda ash)
- 20-30 drops of *Apothecary Extracts Tea Tree Oil*

**Mix It:** Shave or grate the bar of soap into flakes and mix with borax and washing soda until a fine powdered mixture forms. Store detergent in an airtight container.



**Apply It:** Scoop 2 tbsp. per load and up to 4 tbsp. for soiled fabrics.

*Note: For liquid detergent melt the bar of soap with 2 cups of water then place borax and soda in a large bucket. Pour melted soap-water mixture into bucket and stir, then let set over night. Use ½ cup per load.*

## Tea Tree Oil Toilet Cleaner

### **What You Need:**

- ½ cup liquid castile soap
- 1 cup baking soda
- 1 tsp. *Apothecary Extracts Tea Tree Oil*
- 1 cup water
- ¼ cup white vinegar
- 1 tsp. lemon essential oil



**Mix It:** Combine all ingredients except white vinegar in a glass measuring cup. Slowly add vinegar but be careful it will begin to fizz up. Pour into a spray bottle or squirt bottle for easy pouring.



**Apply It:** Squirt the mixture around the edge of the toilet bowl and let it sit for 3 to 5 minutes. Scrub off with toilet brush.

## Tea Tree Oil Dryer Sheets

### **What You Need:**

- Old t-shirts, flannels or towels cut into 5x7 squares
- Container with airtight lid
- ½ cup White vinegar
- 8 drops *Apothecary Extracts Tea Tree Oil*
- 4 drops lavender oil
- 2 drops lemon essential oil

**Mix It:** Place square cloths in the airtight container, stacked on each other. Pour vinegar into a large glass bowl and whisk in oils until blended. Pour mixture over the cloths until totally saturated and seal the container until time to use.



**Apply It:** Remove one sheet and place in the dryer with each load of laundry. Do not throw away dryer sheets, save them until it is time to make a fresh batch.

## Tea Tree Oil Oven Cleaner

### **What You Need:**

- ½ cup liquid Castile soap
- 5 drops *Apothecary Extracts Tea Tree Oil*
- 1 cup baking soda
- 2 drops lemon essential oil

**Mix It:** Combine all ingredients until a paste forms and store in an airtight jar.



**Apply It:** Using your trusted scouring pad, place some cleaner on it and begin scrubbing the oven and stovetop in a circular fashion. Rinse with warm water.



## Conclusion



As you can see one bottle of *Apothecary Extracts Tea Tree Oil* can help you kill bacteria all over your home and body. The oil extracted from the *Melaleuca alternifolia* tree is frequently called a “miracle cure” and now you know why. Its uses are so widespread that it can be used to treat everything from the common cold to laryngitis to jock itch and dandruff. Coupled with household and first aid uses, tea tree oil is really a spectacular gift from nature.

The most important thing when you decide to start adding tea tree oil to your healing, beauty and cleaning regimens is that you make sure you have obtained all natural pure essential tea tree oil. The label as well as the ingredients should clearly state what is contained within the bottle. The bottle itself should be dark in color—blue, green or brown—so that sunlight does not reduce the potency and therefore the effectiveness of the tea tree oil.

What is so great about tea tree oil, other than its many benefits, is that a few drops can take you a long way. Add a few drops to carrier oils or water and you have your all-purpose cleansers, healing elixirs and facial masks. This makes tea tree oil not only an environmentally sound way to clean, heal and prevent bacteria but also an economical one.

## Adjusting Recipes

When you start making your tea tree oil recipes there are a few important factors to keep in mind:

1. Always have sterile, dry containers on hand for storage of your tea tree oil products.
2. Never combine cooking utensils with measuring utensils for tea tree oil products. Tea tree oil should never be ingested.

3. Adding drops of other essential oils such as lemon, rosemary, lavender and rose will provide their own healing properties as well as transform the fragrance of the product.
4. Adjust your measurements to create more or less of a particular product. We recommend making the smallest amount possible when you are first testing, and then making bigger batches once you feel certain you like the mixture.
5. Always perform a test on a small patch of skin to make sure you do not experience an allergic reaction to the tea tree oil or other ingredients. It is not uncommon for adults to have unknown allergies to products that are not widely used.



**[Find out more about Apothecary Essential HERE!](#)**