



Tea Tree

Melaleuca alternifolia

Product Information

Tea tree essential oil, also known as melaleuca oil, is a popular essential oil derived from the leaves of the tea tree plant (*Melaleuca alternifolia*), native to Australia.

The oil has been used for centuries by indigenous Australian Aboriginals for its medicinal properties, and its popularity has since spread worldwide due to its numerous benefits and versatile applications.

Research:

Tea Tree

<https://pubmed.ncbi.nlm.nih.gov/?term=tea+tree+oil>

Terpene hydrocarbons

<https://pubmed.ncbi.nlm.nih.gov/?term=terpene+hydrocarbons>

Monoterpenes

<https://pubmed.ncbi.nlm.nih.gov/?term=terpene+hydrocarbons>

Sesquiterpenes

<https://pubmed.ncbi.nlm.nih.gov/?term=Sesquiterpenes>

Uses and Benefits

- 1. Extraction:** Tea tree essential oil is extracted through steam distillation of the tea tree leaves. This process involves heating the leaves to release the oil vapors, which are then condensed and collected as a liquid.
- 2. Aroma:** Tea tree oil has a fresh, medicinal, and slightly camphoraceous scent, which is often described as earthy and herbaceous. Some people may find the aroma strong or overpowering.
- 3. Antimicrobial properties:** One of the most notable properties of tea tree oil is its potent antimicrobial activity. It contains various compounds, including terpinen-4-ol, which have demonstrated significant antiviral, antibacterial, and antifungal effects. As a result, it is commonly used in natural remedies for skin conditions like acne, fungal infections, and as a household cleaner.
- 4. Skin care benefits:** Tea tree oil is a popular ingredient in skincare products due to its ability to combat bacteria and inflammation. It is often used to soothe and treat acne-prone skin, reduce redness and irritation, and help heal wounds and blemishes.



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5. Hair care: Tea tree oil is also utilized in hair care products, as it can help address dandruff, dry scalp, and itchiness. It is believed to promote a healthy scalp environment and contribute to overall hair health.

6. Aromatherapy: The refreshing and invigorating scent of tea tree essential oil makes it a popular choice for aromatherapy. Inhalation of the oil is believed to have a stimulating and uplifting effect on mood and mental clarity.

7. Dilution: While tea tree oil is generally safe for topical use, it is potent and can cause skin irritation or allergic reactions in some individuals. It is essential to dilute it with a carrier oil (e.g., coconut oil, almond oil) before applying it directly to the skin.

8. Caution: Tea tree oil should not be ingested as it can be toxic when taken orally. It should also be kept out of reach of children and pets.

9. Essential oil use: Tea tree oil can be used in a variety of ways, including aromatherapy, topical applications, and as an ingredient in homemade skincare or cleaning products. Always perform a patch test before applying it to a larger area of your skin, especially if you have sensitive skin or allergies.

Responsible cautions

- As with any essential oil, it's important to use tea tree oil responsibly and consult a healthcare professional or aromatherapist if you have any concerns or specific health conditions
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- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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