

### Introduction

Melaleuca essential oil ( "tea tree oil") is distilled from the leaves of the Melaleuca alternifolia tree. Melaleuca oil is one of the most commonly known essential oils because it is an antimicrobial powerhouse.

Credit: <http://www.onegoodthingbyjillee.com/many-uses-of-melaleuca-essential-oil>

### Uses

#### 1. Minor Cuts

Melaleuca essential oil has natural antimicrobial, antiseptic, and antiviral properties, which makes it great for cleaning minor cuts and abrasions. After cleaning the area, mix 1 drops of melaleuca oil with 1 teaspoon of coconut oil, and apply the mixture to the cut. Cover with a bandage and reapply once or twice a day until the cut has healed.

#### 2. Sore Throat

If you feel the tingle and tickle of a sore throat coming on, mix a drop of melaleuca oil into a glass of warm water, and gargle with it. The oil will help fight infection and soothe inflammation, helping you heal and manage the pain.

#### 3. Lice

Take care of pesky lice by whipping up your own lice shampoo. Add 15 drops of melaleuca oil to 1 cup of castile soap (or 1 cup of your favorite shampoo). Massage into the scalp and let it sit for 10 or 15 minutes before rinsing.

#### 4. Household Pests

Create an all-natural pest deterrent spray by adding 20 drops of melaleuca oil to a spray bottle containing 1 cup of water. Spray the mixture in cracks and crevices where you see insects and pests lurking. This mixture is particularly effective against ants!

#### 5. Fungal Infections

Melaleuca is very effective at killing fungus, which makes it an effective treatment option for athlete's foot. Dilute a couple of drops of melaleuca oil with a bit of your carrier oil of choice, and apply with a cotton swab to the affected areas.

#### 6. Oral Health

Melaleuca oil reduces inflammation and kills bacteria, which makes it a great addition to your toothpaste. Just add a drop of melaleuca oil to your toothpaste on top of your toothbrush, and brush your teeth as usual. Making this a habit can help improve the health of your gums, and it keeps your breath smelling great!

#### 7. Countertops

Keep your countertops clean and disinfected with a simple homemade spray. Mix 1 cup of water, 4 ounces of white vinegar, 15 drops of melaleuca oil, and 15 drops of lemon oil in a spray bottle. This cleaning spray kills bacteria, is free of harsh chemicals, and it smells nice and clean!

### 11-20

#### 8. Stinky Shoes

No one likes a stinky pair of shoes! Deodorize them with the help of melaleuca oil by filling a spare sock or the foot of a pair of nylons with baking soda, and adding 5 drops of melaleuca oil. Tie the sock or nylon off with a rubber band and stick it into a smelly shoe. The baking soda and melaleuca oil help to absorb odors and kill bacteria.

#### 9. Acne

If you have acne or are prone to breakouts, melaleuca oil is your new best friend. It's very effective at drying out and healing acne. For a quick spot treatment, mix 5 drops of melaleuca oil with 2 teaspoons of raw honey. Dab the mixture on affected areas, leave on for 1 minute, then rinse.

#### 10. Skin Conditions

Psoriasis and eczema can be painful and itchy. Soothe the irritation by applying an oil-infused lotion. Take a cup of your favorite lotion, and stir in 3 drops of lavender oil and 5 drops of melaleuca oil. Apply regularly to keep skin moisturized and to reduce pain and swelling. Or you can always make your own lotion bars!

#### 11. Stinky Garbage

If your garbage can is smelling a bit off, you can deodorize it with the help of melaleuca oil. Simply stir 5 drops of melaleuca oil into a quarter-cup of baking soda, and toss it in the bottom of your garbage can to help absorb odors.

#### 12. Bug Bites

Melaleuca oil is great to have on hand for treating itchy bug bites. You can use a cotton swab to apply a drop of melaleuca oil directly to the bite, or for those with sensitive skin, just dilute it with a bit of carrier oil first. The oil will reduce inflammation and lessen the itch.

#### 13. Sore Muscles

The anti-inflammatory properties of melaleuca oil can help soothe sore muscles. Reducing inflammation will relax your muscles and help soothe soreness. Add 10 drops of melaleuca oil, along with a large handful of epsom salts, to a warm bath and soak for 30 minutes.

#### 14. Washing Machines

Harness the cleaning and disinfecting power of melaleuca oil to help clean your washing machine. Add 10-15 drops of melaleuca oil to your empty washing machine, then run it on its hottest cycle. This will help kill bacteria and eliminate odor.

#### 15. Toothbrushes and Retainers

Keep your toothbrushes and retainers bacteria-free by treating them with melaleuca oil. Add 10 drops of melaleuca oil to 1 cup of water, and submerge your toothbrushes or your retainer overnight. Do this once a week to ensure a clean and healthy mouth!



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