

# TEA TREE

## *Melaleuca alternifolia*

*Tea Tree essential oil—also known as “melaleuca” oil—has been used by countless cultures and holistic medicine practitioners worldwide. Tea Tree oil’s woody and herbaceous scent refreshes and cleanses the mind and body.*

### BENEFITS

Tea Tree has become an extremely popular oil thanks to its ability to promote normal immune system function. Tea Tree oil also protects the skin from harmful sun damage and can be used to assist in ridding the skin of occasional blemishes.

### ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in Australia, and it was extracted by steam distillation.

### SUGGESTED USES

- Add 1-2 drops of Tea Tree oil to your normal face cleanser, or apply directly to skin, to help clear blemishes
- Massage 1-2 drops of Tea Tree oil onto the chest or reflex points of the feet to promote normal respiratory function
- Diffuse Tea Tree oil in an Améo diffuser to cleanse the air
- Apply a few drops of Tea Tree oil topically as needed to occasional skin irritations to aid in restoration

