

A close-up photograph of a tea tree branch with numerous small, needle-like green leaves and reddish-brown stems. The background is a soft, out-of-focus green.

Melaleuca alternifolia  
**Tea Tree**  
Essential Oil User Guide  
30+ Remedies and DIY Recipes

Selcuk Bor

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# From me to you.

I wanted to thank you personally for giving us a chance in bettering your life. As I sit here holding the very first bottle of essential oil we ever produced (it's Lavender), it reminds me how far we've come.

For your sake we exist and for your sake we continue to push forward. Our mission is not about making the most money or selling the most oils. We purposely limit our production quantity so that we can keep track of every last drop that gets put out into your hands and only the freshest oils reach our customers..

And ultimately that's what really matters. You, the one who will ultimately use these oils to enrich your lives in any manner of ways. Without your support and without your trust we would not exist.

We will not let you down. That is my promise to you.

~ Selcuk Bor

Founder of Essens Oils

[www.essensoils.com](http://www.essensoils.com)

## Precautions and Oil Care

All our oils are strong and pure, but safe when used as directed. Some general preventative precautions are listed here to help you have an enjoyable and healthy experience with our Essential Oils.

- Always test for skin sensitivity and keep a bottle of vegetable oil or any other carrier oil around. A carrier oil can be your garden variety virgin olive oil, sunflower oil, etc. You want to do this in case you have skin irritation or discomfort. In that case you need to put some of your carrier oil on the affected area. Water will not help, it must be a carrier oil.
- Keep bottles of essential oils tightly closed and store them in a cool, dark location. You can lengthen the therapeutic life of an oil by nearly double if you keep it in your fridge. That said, your fridge may start smelling like the oils if you don't close them tightly enough, which is pleasant, but not always desired.
- Keep bottles away from children. If a child swallows an essential oil, give them milk, honey, or another safe, oil soluble liquid such as soy or rice milk! Be sure to administer a lengthy "don't you do that again" stern talking to afterwards. If the amount swallowed is a considerable amount, say like an entire bottle, please take your child to the hospital after giving them the drink.
- Wash hands thoroughly after handling essential oils. It's not a good idea or any fun to rub your eyes with essential oil covered fingers. Especially if that oil is a citrus based like lemon. Concentrated lemon on eyes? Ouch.
- This also includes contact lenses. Do not handle contact lenses if you have essential oils on your fingers.
- Pregnant women should consult their healthcare professional before using any essential oils. It is in our opinion best to steer clear of any oils until after the first trimester, where the embryo is most vulnerable.
- Tea Tree can be toxic to children under 6 who may ingest it. Please take extra measures to ensure little ones won't find and drink it.

# Useful Resources

## Blend Dilution Calculator

Trying to figure out how many drops of essential oil you need to create a 5% blend with a carrier oil? We made a useful little calculator you can use to give you exactly how many drops you'll need with how many ml of carrier oil.

You can find that resource here!

<http://www.essensoils.com/dilution-and-blending-charts>

Just scroll down to the bottom.

## Getting Started With Essential Oils

Having a hard time trying to wrap your head around all these terms? Want a short 5 minute bootcamp to get you started on this incredible journey?

We've got you covered! We've designed an easy to understand and read page to help you get the most out of your kit. Never again wonder what a term means!

Please visit our page here

<http://www.essensoils.com/getting-started>

## Getting to Know How it Works

Feeling a bit hesitant about essential oils? We can't fault you for being sceptical. Truth be told there is a lot of misleading and very often wrong information out there which hurts this industry.

We've prepared a special page which will break down with strong evidence how essential oils work, why they work on us, and why you should integrate them into your life for a healthier, stronger, smarter you.

Read about it here

<http://www.essensoils.com/how-do-essential-oils-work>

# The Power of Tea Tree

In this book I want to show you the many many ways you can use Tea Tree to enrich your life. This particular type of Tea Tree, *Melaleuca alternifolia* is what I would consider the sledgehammer of antibacterial, antimicrobial, and antifungal purposes.

There are endless studies that show the topical benefits of tea tree. We will show you that as well as showing you some very interesting uses that you may not have realized tea tree could do!

## **How to read this book.**

The book is broken up into 2 sections. The first section will be for home remedy and ailment use. These are broken down into 3 chapters.

- Topical and Skin Care
- Body and Physical Care
- Home Care

The second section we will discuss the more fun ways of using this essential oil in some DIY projects! Some projects are more involved than others so feel free to pick and choose and do the ones that resonate with you. Have fun with it!

Essential oils work on both the physical and emotional level. What's important is to enjoy and be happy with the oils so that they may trigger happiness and contentment in you whenever you use them!

## Topical and Skin Care

### - Acne treatments

Tea Tree oil has been a staple for many generations in fighting against acne. Tea Tree oil has very strong antibacterial properties. And we can [prove it](#) now too! So if you don't mind the camphor medicinal smell and need the strong stuff. Hit it hard with tea tree oil. You can use the oil neat (undiluted) for this condition. But try not to go too crazy.

Usage Instructions: You can get a q tip or a cotton pad. Drop one or two drops onto it and dab onto the problem area.

A [study](#) showed that Tea Tree oil was as effective as the store bought stuff, benzoyl peroxide with fewer side effects. But it's worth mentioning that the results were achieved more slowly.

Tea Tree oil has also [been proven](#) to a 5% tea tree oil gel reduced both the number and severity of acne in thirty people.

### - Allergic Skin Eruption Treatment

A small clinical [study](#) reported that topical application of tea tree oil significantly reduced histamine-induced allergic skin eruptions characterized by swelling, redness, and the appearance of an irregular wheal within ten minutes of application. Another [study](#) also concluded that tea tree oil prevents the histamine reaction involved in some skin eruptions.

Usage Instruction: For this particular case we do not recommend using the oil neat (undiluted) on the problem area, as it may be too strong for your skin to handle. Create a 2-5% dilution blend using a skin nourishing carrier oil like jojoba, avocado, or olive oil.

### - Burn Wound Recovery

A recent [study](#) has shown that Tea Tree oil significantly boosts the production and healing of scar tissue and can also neutralize or diminish the scar marks from spots left by eruptions, boils, pox, and acne.

Usage Instructions: Dilute the tea tree oil in a vitamin E rich carrier oil like sunflower or olive oil (sunflower does tend to smell a bit though). Take 1-2 drops per tablespoon (15-20ml) of carrier oil. Put in a drop or two of Lavender as well to help soothe the pain. Apply oil on burned area. Repeat every couple hours as necessary.



## - Dandruff Treatment

There are many ways you can use your essential oils. The most effective is Tea Tree as it has the strongest antifungal properties of the oils in your set, however if you're running out there are many others that can tackle the job.

Usage instructions:

You can mix 5-7 drops of tea tree oil in ¼ cup of coconut oil and apply it on your scalp at night. Rinse it off thoroughly in the morning with tepid water.

It goes without saying but... wear a shower cap to keep it all contained.

## - Head Lice Treatment

There are two ways to tackle head lice with Tea Tree. I've mentioned both here even though this book focuses mainly on Tea Tree, only because the combination of Lavender and Tea Tree was so effective in a clinical trial it's worth mentioning.

### **Lavender and Tea Tree Combo:**

A [study](#) proving a 1% lavender and 10% tea tree oil mixture worked better to clear up head lice than the chemical alternative of pyrethrins and piperonyl butoxide with a 97.6% success rate!

Another [study](#) confirmed it. Though what's amazing about that last study is that they also tried to use eucalyptus and lemongrass as a possible remedy as well... with a success rate of 3.3% we have proven that these are not suitable oils for this treatment.

Another [study](#) showed that tea tree combined with nerolidol in a 1:2 ratio (so for example a 1% tea tree and 2% nerolidol) killed 100% of the head lice in just thirty minutes!!! It also killed all the louse eggs after five days!

Usage Instructions:

- Mix a teaspoon of tea tree oil, 5-10 drops of lavender, 1 ounce of natural shampoo, and 3 tablespoons of either coconut or olive oil.
- Apply the solution to the affected scalp and hair.
- Cover your hair with either a towel or plastic shower cap for 30 minutes.
- Comb your hair to remove the dead lice and rinse with warm water.
- Repeat regularly as needed.

Alternatively, you do not -have- to use the lavender oil, though Lavender has nerolidol which is the active ingredient here that acts as an insecticide, which is abundant in Tea Tree oil making it the star of this show.

### - HPV Wart Removal

A [case report](#) strongly enforces the belief that tea tree oil helps remove warts caused by the human papilloma virus (HPV) in children.

Usage Instructions: Apply the tea tree oil in 1-2% dilution once daily for 12 days and the warts should disappear.

### - Skin Blemishes or Infections.

Tea Tree has very powerful antifungal, antibacterial, and antiseptic properties that get under the skin and get to work scrubbing away the infection from your body.

Usage Instructions: Some say you can apply Tea Tree oil neat (undiluted) but we recommend a 5% dilution blend as Tea Tree oil can be a rather aggressive oil which many are sensitive to. Apply the tea tree onto the skin blemish, 3 times a day until the blemish or infection dies down.

### - Skin Rashes and Irritations

Tea Tree oil is also fairly useful for this particular types of issue. But please remember not to apply Tea Tree oil neat or undiluted for this. Consider using a nice skin friendly oil like olive oil at 2-5% dilution

Usage Instructions:

Create a 2-5% blend with tea tree and apply on problematic areas.

## **Body and Physical Care**

### - Athlete's Foot

Tea Tree Oil is a powerful hero in the quest against Athlete's Foot. There are many ways to use it.

By applying a 5% tea tree and 2% butenafine hydrochloride (a popular antifungal drug used to treat athlete's foot as well as other fungal infections) mixture in a creme 80% of people experienced a complete remission of toenail infection. ([source](#))

Another study found that applying tea tree oil neat by itself, twice daily for six months, was as

effective as the standard treatment option for clotrimazole ([source](#))

And finally, putting a 25 - 50% tea tree oil solution has shown dramatic reduction of the common athlete's foot fungal infection (tinea pedis). ([source](#))

#### Supplies

- Tea Tree Oil
- Carrier Oil (Almond Oil, Avocado Oil, Olive Oil)
- Cotton Balls
- Clean 100% cotton socks

#### Usage Directions:

- Place 5 drops of almond oil (or your carrier oil of choice) on a cotton ball.
- Top the carrier oil with 5 drops of tea tree oil.
- Rub the cotton ball on affected areas and surrounding areas.
- Cover feet with clean cotton socks.
- Apply 2 times daily, changing to clean socks each time.

You should notice noticeable difference in just one day! In 3 days it should be mostly gone. Continue to use for up to a week if you think there might still be some hiding around.

#### - Cold Sores / Canker Sores / Genital Herpes

Tea Tree oil has always been a very popular and effective oil against cold sores, cankers, and herpes outbreaks. Interestingly enough, a recent [study](#) shows that both peppermint and tea tree oil are effective against these symptoms.

Usage Instructions: You can apply tea tree neat or you can dilute it (10-20% is ideal) and apply 3 times a day on the affected area and it should fade away within several days, a week at most.

If you're going to use it neat, put a drop on a q tip where you can carefully apply it on the sores.

#### - Deodorant DIY

Tea Tree eats bacteria and fungus for breakfast and because body odor stems from the bacteria applying a bit of homemade Tea Tree deodorant goes a long way. Making it is pretty simple too.

#### Usage Instructions:

- Mix  $\frac{1}{3}$  cup of baking soda

- ½ cup Cornstarch
- 5 tablespoons melted coconut oil

Then add 15-16 drops of tea tree oil. Store in an airtight container. A little bit goes a long way so don't think you have to slather it on you!

Please keep in mind this simple recipe is not an antiperspirant. You will still sweat, you just won't smell bad while you do it.

### - Minor Cuts

While open and freely bleeding wounds are not to be treated with essential oils, minor cuts, scrapes, and minor kitchen cooking accidents can be cleaned with Tea Tree due to its antibacterial and antiseptic properties. Just rub enough **diluted** oil to cover the cut and let it do its thing.

Tea Tree oil is a heavy hitting anti-bacterial oil which doesn't mess around. Applying the oil neat onto the cut can be overwhelming to your skin so if you find it's beginning to itch or cause a rash by dabbling some carrier oil like olive oil you can diffuse the oil over a larger area and it will help slow down the release of the oil into your body.

Usage Instructions: Apply either lavender or tea tree oil neat onto the wound. Have some carrier oil handy if you're using tea tree oil and you begin to feel itchy or are sensitive to the tea tree.

Do NOT rub your eyes if the cut is on your finger. It's so easy to forget!

### - Mouthwash / Oral Hygiene

Mouth wash with a few drops of Tea Tree oil in it effectively inhibits a large range of oral bacteria, suggesting that tea tree may promote oral hygiene ([Source](#)). It's also a great way to reduce plaque formation and gum inflammation ([Source](#)).

As an added bonus, since Tea Tree has some analgesic (pain relief) properties, if you have a toothache or have post dentist care related pain, it's a great way to help you deal with it.

Usage Instruction: You can put a few drops of Tea Tree oil in your water and swish it around your mouth for 30-60 seconds.

### - Soothe Bruised Areas

Tea Tree oil has anti-inflammatory properties which makes it ideal in helping heal bruised areas.

Usage Instructions: Try gently rubbing a few drops of Tea Tree oil neat, around and on sore bruised areas to promote blood flow, healing, and relief for the tenderness and pain.

If the area is large, dilute the tea tree in some carrier oil like olive oil and massage the problematic areas. I would recommend 10% dilution.

## Home Care

### - Mildew Buster

Tea Tree is a remarkable antifungal and antibacterial oil. Its major constituents are relentless in cleaning.

Usage Instruction: For quick and easy mildew and mold killing spray combine 1 cup white vinegar and 25 drops tea tree oil in a reusable spray bottle. Spritz on mold or mildew and let sit for 10 minutes. Wipe away with a damp sponge.

### - Powerful Anti-Bacterial Soap

Creating a soap rich with tea tree is as effective as soaps which contain triclosan, an antibacterial chemical in removing hand germs. There are many many ways to create soaps with essential oils. While we cannot write the step by step instructions in this book they are easy to find online :).

[\(Source 1\)](#) [\(Source 2\)](#)

# DIY Home Projects

## Homemade Tea Tree Coconut Oil Face Scrub

The reason I really like this recipe is that it's SO simple and yet so effective! It serves as an exfoliator, moisturizer, and makeup remover, all-in-one!

Creates about 4oz of product

### Materials

- 1/2 cup organic coconut oil
- 1/4 cup sugar
- 10 drops organic tea tree essential oil

### Directions

- Combine all ingredients in a bowl and spoon into container.

### To Use

- Massage into your face with circular motions for 30 seconds. (Avoid hairline so it doesn't get greasy.) Rinse and pat dry with a towel or cotton ball. The oil should be absorbed immediately and you'll be left with soft, sweet smelling skin.

## Tea Tree Acne Facial Mask

### Materials

- 1 tablespoon of honey (for its antibacterial and antioxidant properties)
- 1 tablespoon of baking soda (for its exfoliating properties)
- 2 tablespoon of water (purified or distilled)
- 4 to 6 drops of Tea Tree Oil (to lessen inflammation and dry up acne)

Option: add lemon essence to lessen pigmentation from the acne scars.

1. Mix all ingredients in a sanitized bowl.
2. Cleans skin with your favorite acne facial wash and toner.
3. Apply the mixture with a clean spatula all over your face, avoiding eye areas and corners of the lips.
4. Leave it on for 20 to 30 minutes or until it looks dry.

5. Wash mask with tepid or lukewarm water. Use a towelette to easily remove the mask but be very gentle.

Do this thrice a week. If your acne doesn't lessen, consider consulting a dermatologist for something stronger, more hitting and more focused.

## Everyday Mega Surface Cleaner

This is a recipe that has two parts to it. By that I mean you keep the two liquids separate until you're ready to do some heavy duty cleaning. The ingredients you'll need are also very abundant and cheap making it easy to create and easy to use.

### Materials

- White Vinegar
- Baking Soda
- Tea Tree Essential Oil

There is no area of your house that you can not clean, deodorize, unclog, cleanse from mold, or remove grime with these three.

Why? Because baking soda is a base and vinegar is an acid and when they come together, they release energy in the form of bubbles, foam and gas creating carbon dioxide. (For the curious reader, you can read more about it [here](#).)

This chemical reaction is incredibly effective in cleaning otherwise "hard-to-clean" areas because the bubbles and gas get into the nooks and crannies that other cleaners can miss.

For this reason whenever you use them, it is best to leave the baking soda and vinegar on the surface you're aiming to clean until the reaction more or less stops.

After the baking soda and vinegar loosen up the grime the tea tree oil helps deodorize, cleanse and purify with its sledgehammer antifungal, antibacterial, and antiseptic qualities. Like most surface wipes it loosens and removes the grime and then kills what's left behind to keep it clean.

### Directions

- Take ¼ cup of white vinegar
- Add 10 drops of tea tree oil to the vinegar.
- Pour the mixture into a spray bottle. Shake before each use.

## **To Use**

- Put enough baking soda to lightly cover the area you want to clean.
- Spray the vinegar and tea tree oil on top of the baking soda until a clear reaction is visible.
- Wait until the reaction stops. Let sit for 5 minutes if possible.
- Wipe away and enjoy that sparkling surface!

Some additional simple examples:

### **Toilet Bowl Cleaner**

- Mix 1/2 cup of baking soda, 10 drops of tea tree oil and 1/4 cup of white vinegar in the bowl. Scrub after baking soda and vinegar start to react. Wait until the reaction fizzes out and let sit for 10 minutes. Flush away everything..

### **Drain Unclogger**

- Once drain has no water in it, dump 1/2 cup baking soda into drain, 5 drops of melaleuca oil and 1/4 cup of white vinegar (as listed). Place stopper in drain and let sit for 30 minutes.
- Test drain, if not unclogged. Repeat until water runs easily.

### **Washing Machine Cleaner**

- Fill washing machine with HOT Water (and no clothes). Add 4 cups of white vinegar and 10 drops of melaleuca oil.
- Start cycle and let run for 10 minutes.
- Then add 1/2 cup of baking soda.
- Let washer run until baking soda is mixed in. Turn off washer and let sit for one hour. Turn washer back on and let it finish its cycle.
- If needed, run one clothes-free load of HOT WATER ONLY again to flush out any gunkies.

### **Stainless Steel Sink Cleaner**

- Wet the sink and sprinkle baking soda over the surface and scrub. Rinse.
- Create a paste with baking soda and water and use a soft-bristled toothbrush to clean drain rims and caulk.
- Line the sink with paper towels that you've soaked in white vinegar and 3 drops of melaleuca oil. Remove after 20 minutes.



# Homemade Antifungal Cream

To make as a gift or when you want to make something that you can use for the entire duration of treatment for any issues you may have like athlete's foot. Ringworm, or any other fungal infection you might have on your body.

There are 3 ingredients in this recipe that I will mention as optional but will, in my opinion, make the salve more effective. But these ingredients are not every day ingredients you might have.

- **Chaparral leaf** – Not only is chaparral anti-fungal but it is also antibacterial, antiseptic, and antiparasitic. This herb is jam packed with skin healing properties and packs a powerful punch against fungal infections.
- **Black Walnut Hulls** – The most commonly used herb in anti-fungal creams and sprays, black walnut hulls are also antibacterial, antiseptic, and anti-parasitic. Any really good herbal salve for fungal infections will have black walnut hulls in it.
- **Beeswax** - Beeswax is helpful in making the cream more solid and creamy. Without this ingredient the cream is more of an oily substance that you apply to problem areas, where with it, it becomes a thick cream you massage into your skin.

The beeswax is only helpful in the sense that it helps solidify the cream faster. You can still make do without it, and some even prefer not having it as it makes it easier to apply quickly over larger area.

## Supplies

- 1/4 cup [shea butter](#) (or 4 Tablespoons)
- 1 Tablespoon [avocado oil](#)
- 1 Tablespoon [olive oil](#)
- 20 drops [tea tree essential oil](#)
- (optional) 1/2 cup of Chaparral/Black Walnut Hull (or 8 Tablespoons)
- (optional) 1/4 cup of beeswax (or 4 Tablespoons)

## Directions

- Put the shea butter and oils in a glass Mason jar
- (Optional) Add Chaparral/Black Walnut Hull into the mason jar
- (Optional) Add the beeswax into the mason jar
- Put the mason jar in a saucepan of water with the heat on medium. Basically hot, but not boiling.
- Stir the contents with a spoon until everything is melted together
- Remove jar from pan after it melts, add the essential oil and allow to cool in the refrigerator.

- Shake it every 15 minutes or so. If you added the beeswax it should solidify very quickly, consider shaking it in even shorter intervals, and definitely before putting it into the fridge.

### **To Use**

If you didn't use beeswax you may have a more fluid cream. You can dip a cotton ball into it and apply to specific problem areas. If there is a wider surface area grab a towelette and spread it faster using a larger quantity.

If you're using this to fight athlete's foot be sure your feet are dry first. After application put on a fresh pair of socks. Do this twice or thrice a day, each time with a fresh pair of socks after application.

Most if not all of the fungus should be gone in 3 days. Continue treatment for 6 days just to be sure.

## **Tea Tree Foot Scrub**

This is a wonderful and simple foot scrub you can use to clean off the dead skin on your feet. The neat thing is the inclusion of Black Lava Salt, which is also really useful to use in foods as it has activated charcoal in it which is a superb detoxifier.

Keep it around and use it in meals if you're feeling unwell. Use it as a foot soak after the scrub.

### **Supplies**

- Black Lava Salt (Like [this](#))
- Tea Tree Oil
- Carrier Oil (preferably one without a strong smell)
- Mason Jar or container to keep the scrub in

### **Directions**

- Fill the jar with salt about 3/4 full.
- Add the carrier oil so that it completely covers the salt.
- Add 12 drops of tree tea oil

### **To Use**

Simply rub the scrub on the soles of your feet and between your toes. If you feel you might have a fungal infection this is a great way to help cure that. Use some black lava salt with some carrier oil in a soak as .

# Profile of Tea Tree

In this segment I want to give you the profile of Tea Tree. A little history, a little overview about the oil and for the experienced aroma guru, we talk a bit about the note, substitutes and chemical makeup.

We have opted not to go too deep with details because I do not feel it is relevant to the everyday user. I merely wish to give you a glimpse into the wonderful origins and ways of uses these oils have found themselves in over thousands of years.

# Tea Tree

**Latin Name:** Myrtaceae alternifolia

## **Overview:**

If Lavender is a powerful restorer, Tea Tree Oil is a powerful cleanser. There is a lot of evidence and proven recipes that take full advantage of this oil's powerful antifungal, antibacterial, antiviral, and antiseptic properties.

The rule of thumb goes. If it's a skin condition, toss a bit of (most often diluted) tree oil on it.

Tea Tree originated from Australia and New Zealand

## **History:**

Tea Tree oil has a rather interesting history. It is thought that the name probably originated from Captain James Cook's description of one of the shrubs he used to make an infusion, to drink in place of tea around 1770. It's use however is thought to be used well before the name.

The local inhabitants that resided in present day Sydney told him about the healing powers of these trees. The leaves of this tree were used to treat cuts and wounds

Freshly crushed leaves were applied directly to an injury, and then held in place with a mud pack. The medicinal effects were so powerful that it helped combat infection in the wound and also overcome the potential for further infection caused by the non-sterile mudpack.

**Note:** Middle

**Aroma Intensity:** Medium

**Aroma:** Fresh, medicinal, earthy, herbaceous

**Common Extraction Method:** Steam distilled from the leaves

**Possible Oil Substitutes:** Marjoram, equal parts oregano (terpinen-4-ol CT) and petitgrain (mandarin)

**Blends well with:** Bergamot, cajeput, carrot seed, chamomile (German, Roman), cedarwood, clary sage, clove, cypress, eucalyptus, fennel, grapefruit, lavender, lemon, lime, myrrh, orange, patchouli, petitgrain, pine, ravensara, rosemary, sandalwood, tangerine, thyme

**Recommended Dilution Range:** 3%– 50%; Neat for some conditions

## **Proof and Studies of Constituents:**

- [Source 1](#) - A review of antimicrobial and other medicinal properties
- [Source 2](#) - Chemical Composition and Biological Activities of Three Melaleuca Species

## Final Words - A word for your safety

Essential Oils are powerful. Because they have the ability to affect us in many ways it's safe to say that the utmost care should be taken using them.

There is one thing we would like to clear up with you. Some sources will claim that any pure undiluted essential oil bottle will not say "For external use only", which ours does.

We don't put this on our label because the oils are adulterated or contaminated with synthetics. It's precisely because these are pure oils that we did. These are not toys and if you are not sure on how to use them internally it is better not to at all.

Consider this.

Professional aromatherapists working in the United States must purchase insurances while working their craft. As soon as a professional prescribes ingesting an essential oil that insurance is made void. It is that serious.

Additionally essential oil concentrations are not always harmless. Grapefruit for example can really mess with your medication. Wintergreen is basically 95% methyl salicylate which is incredibly toxic if ingested. These are extreme examples but they paint a clear picture in the potential harms of ingesting essential oils.

For advanced users who have spent time with the oils and are familiar with them may in the future decide to use them internally. For all our new customers we strongly discourage using them this way. For this reason and for your safety, we have written "For external use only".

All recipes and remedies listed in this ebook are well researched and documented. While there may be many uses outside of what we report for these oils, these are only what we are 100% certain of with research papers to back as many claims as currently available.

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