

Essential oils at a glance

Gill Gummer

Oil of the month – Tea tree

Name of oil:	Tea tree	Latin name:	<i>Melaleuca alternifolia</i>
Description of plant:	An evergreen bush or tree, growing to 2–30 m tall, with dark green to grey-green leaves and often with flaky, exfoliating bark	Nature of oil:	Clear or very pale yellow with a fresh camphoraceous aroma
Method of oil extraction:	Steam distillation of the leaves	Blends well with:	Eucalyptus, lavender, lemon, rosemary.
Specific precautions required:	May cause toxicity when used orally. May irritate sensitive skin. Highly odoriferous; use sparingly		
Medical properties:	Acne vulgaris, allergic skin reactions, athlete's foot (tinea pedis), bad breath, dandruff, dental plaque/gingivitis, eye infections, fungal nail infections, genital herpes, lice, methicillin-resistant <i>Staphylococcus aureus</i> (MRSA) infection, oral thrush, vaginal infections		

Sources:

http://en.wikipedia.org/wiki/Tea_tree_oil

<http://www.femhealth.com/teatreeoil.html>

http://www.mayoclinic.com/health/tea-tree-oil/NS_patient-teatreeoil