HEALTHY TIPS

10 Important Effects Of Tea Tree Oil On Your Health

By bestfolkmedicine · 13/06/2018 · 2 min read



If you do not have at least one bottle of tea tree oil in your kitchen cabinet, you will definitely purchase one after reading about its healing potential! It is known for its strong antiseptic characteristics, which make it great in treating wounds and injuries naturally and effectively. With this in mind, in today's article, we have compiled a list with the 10 best uses of tea tree oil.

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10 Healing Properties of Tea Tree Oil

1. **Improves the health of the hair**

With just several drops of tea tree oil applied onto the hair on a regular basis, you will boost the blood flow and thus, encourage hair growth and better the scalp's health. Prior to applying it, dilute it with some water.

2. **Treats lice**

This oil can be highly beneficial in killing the eggs and preventing their growth with its insecticidal characteristics. After applying it, make sure you comb the hair with a lice comb thoroughly.

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3. **Ease flu and cold symptoms**

Coughing, runny nose, and other cold and flu symptoms can be successfully minimized with the help of some tea tree oil diluted with water and massaged onto the chest prior to bed or through inhalation with the oil.

4. **Eliminates acne**

Science has shown that tea tree oil was as effective as anti-acne products with 5 percent benzoyl peroxide in treating skin prone to acne. But, this oil will irritate the skin much less. For optimal results, massage the oil onto the skin twice per day for a period of 45 days.

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5. **Speeds up the healing of scars and wounds**

The cicatrisant characteristics of tea tree oil are able to speed up the healing of wounds and scars and it can also avert potential infections and scarring.

6. **Relieves athlete's foot**

When applied topically onto the affected area, tea tree oil can successfully treat fungal infections like athlete's foot. A 10 percent tea tree cream can be beneficial against itching, scaling, and burning.

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7. **Treats fungal infections**

100 percent tea tree oil should be applied onto the affected skin area twice per day for half a year.

8. **Makes the skin smoother and softer**

Melaleuca oil is present in tea tree oil and it is known for its antioxidant abilities that are effective against age spots and wrinkles.

9. **Helpful against ringworm**

Topical application of tea tree oil will treat the infection, but it will also prevent further spreading. Prior to application, mix it with some water and some carrier oil like olive oil.

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10. **Cures smelly feet**

Mix equal amounts of cornstarch and baking soda and then add 10 drops of tea tree oil and lavender oil and massage the mixture onto your previously cleaned feet and onto the shoes' soles as well.

Sources:

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