

Why is tea tree oil one of my favourite essential oils?

Tea tree oil comes from the Australian paperbark tree and has been used traditionally by Australian aborigines.

There are close to 300 varieties of *Melaleuca alternifolia* (the Latin name for the tea tree), but only one produces the medicinal oil. Tea tree is renowned for its antibacterial, antifungal and antiviral properties and for stimulating the immune system.

Tea tree oil became popular in the 1920s after Australian servicemen reported its therapeutic uses. In 1922 the Royal Society of New South Wales reported that the oil was a particularly effective antiseptic.

Tea tree oil has been used to treat mouth ulcers and abscesses, conjunctivitis, acne, boils, impetigo, psoriasis, dandruff, vaginitis, thrush, septic wounds, cuts and abrasions, carbuncles, pus-filled infections, ingrown hairs and ringworm. It is also said to ease the pain of burns and haemorrhoids and help rid the hair and body of lice and ticks.

It really is a multi-purpose product which saves you space in your bathroom cabinet and money in your purse.

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METIQUE® - the Specialists in Tea Tree Oil Products

Review:

www.beashadegreener.com

Metique tea tree oil hygienic skin wash – shower gel with benefits?

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My home is never without a bottle of tea tree oil and a bottle always comes on holiday with me. So when Jenny Bacon from Metique (www.teatreeoilproducts.co.uk) contacted me on Twitter to ask whether I would like to try some of her tea tree products, my answer was obviously “Yes, please!”.

Can a skin wash give you healthier skin?

This non-foaming sulphate and paraben-free Tea Tree Oil Hygienic Skin Wash is formulated with natural vitamin E and 5% Australian tea tree oil. It helps cleanse blocked pores and kill bacteria without drying the skin and can be used for hands, body and face.

Metique is suitable for all the family and in particular for those with sensitive, dry, teenage or spot prone skin. Scientifically formulated without sulphates, which can irritate and dry out the skin when used frequently. It can also be used by those suffering from eczema and psoriasis (5ml sachet samples available from Metique to try on request). Apparently, vitamin E ensures tea tree oil maintains its activity as well as giving the skin a silky smooth feel. This product has been used in several clinical trials including one to help combat [MRSA](#) on the skin and also exceeds European hand washing method EN1276, EN12054 & EN1499.

Results: It was strange using a non-foaming body wash because although I've used products which don't contain sodium lauryl sulfate (SLS) (a chemical compound used as a detergent in many beauty, household, and industrial products), these products have replaced SLS with a natural alternative so there are still bubbles. Part of me expected this wash to dry my skin, like the horrible products did which I used to treat my teenage spots many years ago, but I'm pleased that this was not the case. After using this on an almost-daily basis for the past 6 weeks, I've noticed that the small spots and bumps on my upper arms have started to clear up. Also I've not had any occurrences of athlete's foot.