



ACHIEVING NATURAL BEAUTY WITH  
NATURAL INGREDIENTS:

*The Amazing Benefits of Using  
Tea Tree Oil*

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# Introduction

[Tea Tree Oil](#), also known as *Melaleuca*, is a natural antibacterial ingredient which was commonly used as a general antiseptic by the aboriginal tribes in Australia for thousands of years.

It has more than 300 species of tea trees that naturally grow in this country that it has become a popular component in many kinds of health and beauty products from head to toe.

But there's no need to fly all the way to Australia to experience Tea Tree Oil's amazing healing properties.

It is now widely available as soap and it treats a variety of skin conditions.

Read on to know some of the skin conditions that can be treated by Tea Tree Oil.



# Lice

**B**eing in the child services, one of the problems that seems to occur time and time again is head lice. As the years go by we have learned many great lessons on how to best treat lice so that they do not reoccur. It seems that lice remedies come and go and we are learning that lice do become immune to the different treatments, especially if the treatments involve chemicals.

Once, a very critical situation occurred with head lice in a foster home. This foster family has done care for an agency for many years. The family is licensed for 5 children. They have had a sibling group of three placed with them for nine months. After the nine months in the loving structured home of the foster family, the children were beginning to laugh and play and behave in healthier ways. The foster family was on call for emergency placements and they were needed to take in a brother and sister whose mother was arrested. The foster parents provided clean pajamas for the children and had them sleep in the living room area on the couches until they could rearrange space with the other children. It turned out that the children had extreme cases of head lice.

The foster parents did not discover this until the next day when they were helping the children with bathes. By this time the other group of



foster children had sat on the couches to watch television and to visit with the new arrivals. The lice quickly spread to everyone in the household. The foster mom called the agency in a panic because she knew that the shampoo used in most lice remedies would cause the three children to break out because they have severe allergies. She was also concerned about using the lice remedies for the bedding and couches. It was winter time and extremely cold outside. The mother was instructed to place the clothing, bedding, couches and pillows outdoors. The agency took over the supplies for the latest lice remedies from the public health nurse. One antibacterial product that is known to remove head lice is [Tea Tree Oil Soap](#). They did like this treatment over other lice remedies that they have had to use in the past because they were not placing harsh chemicals on the children.

## Acne

**W**hat's the worst thing you can wake up to in the morning? Could it be a headache, cramp in your leg, or possibly a bladder infection? No, a zit takes the award. Okay, maybe we should scratch the whole bladder infection thing. Anyway, a fat pimple on your chin can really start the day off wrong. Who are these 20 percent that never have a zit anyway? It almost seems unreal. Why should the rest of us have to suffer the wrath of the blemish? Well, fortunately there is an upside to this inevitable predicament.



Dermatologists around the globe are always working hard on the newest pimple treatment. Cause let's face it, if you're afflicted by acne, you need a good pimple treatment.

What acne solutions do you recommend? What have you tried? Well, if you're like a great many of us, you've tried countless creams, gels, and facial wash. Where is that perfect one? You know, the pimple treatment that will obliterate the problem for all eternity. You could consult a local dermatologist for this answer. However, he or she will probably only be able make certain suggestions. It's difficult to know the ideal cure for each individual. It's time to do your own research and find that choice pimple treatment now.

First of all, get online and acquire a better understanding of your skin. There are free tests provided by the Internet that can easily help to distinguish your skin type. Believe me, you'll want to know your skin type. This bit of information will save you a lot of time and hassle. Once you've established whether you have oily, dry, sensitive, normal, or combination skin, you'll want to search for a pimple treatment that agrees with your skin type. The web will be able to help you.

With the World-Wide-Web at your fingertips, you can sift through tons of options. That perfect pimple treatment is out there if you do your research. Check out the reviews posted by other acne afflicted individuals.

This may guide you in making a final decision. That pimple treatment that destroys your zits could be at the local drug store, or possibly online. Just remember, the key is not only finding the proper pimple treatment, but also having the right diet and avoiding harsh cleansers. And one great cleanser to use is Tea Tree Oil soap. Not only does it gently cleanse, but its anti-bacterial properties make it great for zapping zits. Learn more about Tea Tree Oil soap by [clicking here](#).

## Dandruff

**F**or those who suffer from dandruff, they know that regular shampoo is not enough. Dandruff is a pain for many people, and it is sometimes hard to keep it under control. Not only is dandruff visible in the hair, it has a nasty habit of falling onto your clothing. This is very noticeable if you like to wear dark shirts and coats. People with dark hair have the worst time with dandruff. If there is any at all in their hair, it appears like a beacon in the night. Lighter haired folks aren't quite as unfortunate, but make no mistake; dandruff can still be seen. No matter what your hair type or color, you have to find a safe and effective dandruff treatment. Sometimes, finding the right dandruff treatment is simply a matter of trial and error.



The most common type of dandruff treatment is a shampoo designed to keep your head and scalp free of dandruff. These work well for cases of dandruff that are not severe. If you have light dandruff, your dandruff treatment might be as simple as washing your hair with dandruff shampoo once or twice a week. For those who have a more difficult time controlling their dandruff, their dandruff treatment might mean they must wash their hair with a good dandruff shampoo every day of the week. This is fine, but it does tend to leave hair dry and damaged.

If you must use a dandruff treatment on your hair, remember to help keep it healthy by using a quality conditioner. Some people use their dandruff shampoo, then a good moisturizing shampoo after it. They then take the time to condition their hair, and even use a deep conditioner a few times a month. Some claim that vitamins are a good dandruff treatment. If you don't take a vitamin on a daily basis, try it for a week weeks to a few month, and see if you see any improvement in the condition of your scalp. Vitamins are known to keep hair healthier looking, so it's not really a waste of your time if it does nothing for dandruff treatment.

If store-bought dandruff shampoos and vitamins fail as a dandruff treatment, you can try using an antibacterial product such as [Tea Tree Oil Soap](#). Or, you can visit your doctor to discuss your problem. There are prescription shampoos they can give you to help fight bad cases of dandruff. Make sure you follow the directions to the letter, and remember to take care of your hair so it won't dry out and become brittle and weak.

## Body Odor



**A**re you clean? I mean, do you really smell great? With the vast spectrum of soaps, cleansers, shampoos, and body wash slamming the markets these days, there's no reason why you shouldn't be. The fact is you no longer have to rely on the old standard bar of soap that your father used to use.

These days we have a million other options at hand to get the job done. Are you making use of these innovative products? If your answer is no, then I have to ask; what are you waiting for? These days you can have your cake and eat it too. Find that great smelling body soap of your choice,

and don't even worry about it getting the job done properly. Technology simply isn't what it used to be, and that's a good thing.

Sick and tired of scrubbing down with grandma's bar of soap yet? Don't fret; there is an ideal body soap out there for you. It's all about testing the waters. What is your current cleanser of choice? Are you looking for natural bath scrunchies and shower gel? These are definitely popular in modern times. People around the globe are demanding for the natural body soap to scrub those sweaty places. I can still recall the first time I tried one of the contemporary cleansers. It was a brand of body wash for men. Yeah, you heard it right. I was one of the hardcore males, who wanted to get manly-man clean with some serious body wash developed specifically for men. Even though it had a soft, perfumey fragrance, it seemed to do the trick alright. However, after a few washes with this hardcore masculine body wash, my skin started to dry out a tad. Now, I don't know if this was because the body wash itself was overpowering, or my skin just had a negative reaction to some harsh ingredient. Regardless, I gave up the body wash and resorted to [one of the soaps made out of natural ingredients](#).

In the end I now take advantage of the amazing natural soaps line. These products are the bomb, and they make your body smell really good. Check them out online.

# Wounds and Infections



**Y**ou never know what will happen, and if you have young children, you are bound to be faced with wound treatment at one time or another. If something happens that is really bad, you of course want to take your child in to see someone at the hospital to take care of any wounds, but there are times when you must do first aid before you can get to the ER or before medical help can arrive. If you know first aid, you know what to do when something happens.

You should have a first aid guide and supplies with you at all times. You don't have to carry it in your purse, but you should have both in your home and in your vehicle so that it is never too far from you. If you are planning a trip, it is always a good idea to have wound treatment supplies packed in your luggage in the event of an emergency. Though you may find that airplanes and cruise ships have their own wound treatment supplies, you may still want to have your own with you anyway.

One of the most important parts of wound treatment is keeping it clean. If you don't do your best to keep it clean, the wound can become

infected and lead to all sorts of problems. Use an antibacterial and antifungal soap such as [Tea Tree Oil soap](#) to wash your wound. It is also important that you should cover most cuts the best you can until someone else can look at it for you. Another very important aspect of wound treatment is to stop any bleeding that may be happening. In the case of a gushing wound, you have to stop the bleeding as soon as you can. You may have to use pressure to stop it, or perhaps even apply a tourniquet. However, use caution with a tourniquet, as you may cause even more damage.

You should make sure you find a good source of information about wound treatment and first aid so that you know what to do and how to do it. It isn't always easy to think clearly when something goes wrong, and if you have already gone over the information for wound treatment, it will already be in your head. First aid books are good in an emergency, but nothing beats knowing what to do the instant something happens. If you are unsure, even after having studied, always call 911 when you need help. They may not be able to get to you as soon as you would like, but they can probably connect you with someone who can tell you what to do to lessen the damage before help arrives.

# Athlete's Foot

**A**thlete's foot is something that can happen to just about anyone. It is something that mostly happens to the feet, as you have probably guessed, but can sometimes spread to the hands or other parts of the body if given the chance. In most cases it is something that can be cleared up rather easily, but if you don't know what it is it can be something that is very painful and can cause you to have a lot of pain when doing something as simple as walking.

You may first notice something wrong when your feet become itchy and red. Athlete's foot has a variety of symptoms, but itchy red feet are often the first thing you notice, and this is usually around and between the toes. The skin will be sensitive and you may even notice a build up of skin where it itches the most. If you aren't aware that you have athlete's foot at this point, you at least know that something is very wrong. Though many catch this at a health club or swimming pool, it can come from a variety of places, many of which you would never suspect.

One of the first things you should do if you have athlete's foot it



to go out and get an over the counter medication to help reduce your symptoms. You can also try an antibacterial and antifungal soap such as [Tea Tree Oil Soap](#). It can help stop the itching and help to clear up the problem. You should keep your feet as dry as possible and try to go for at least a few hours a day without your shoes on. Athlete's foot gets worse with moist warmth, so make sure you wear cotton socks to pull the moisture away from your skin and give them as much air time as possible.

If you find that your case of athlete's foot is not clearing up with the help of an over the counter remedy, you may have to go in and see your doctor for stronger relief. If it goes on for too long, your skin can become so damaged and irritated that it splits and bleeds. If that happens you are really going to be in a lot of pain. Your doctor will know how to treat severe cases of athlete's foot and will also be able to tell you some things you can do at home to alleviate the symptoms while you wait for the medications to work for you.

*For more information on how you can treat dandruff, lice, acne, body odor, athlete's foot and wounds with tea tree oil soap, and how amazing this product is when used regularly, please visit*

**<http://teatreeoilsoap.org/>**

