You have probably seen disparate shampoos, skin creams, face washes and lotions containing tea tree extract as their main ingredient. Have you ever thought why tea tree oil and what are the benefits that it provides?

This skin marvel comes from Australia, where nearly 300 species of tea tree grows naturally. The aboriginal tribes of Australia were the first to use it to cure cuts and burns, and they used it as an antiseptic for thousands of years.

The oil is extracted from the distillation of tea tree leaves and is commonly known as “Medicine in a Bottle.”

Tea tree has so many antifungal and antiviral benefits that the Australian army even has it in soldiers’ first aid kits.

Tree tea oil can be used in a variety of ways, particularly to heal skin.