

Natural Remedies



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SORE THROAT AND CONGESTION

Tea Tree Oil can be combined with a simple steam inhalation technique to [naturally cure congestion](#), sore throat, chest infections, and clear up mucus:

- Fill a large cooking pot or bowl with water.
- Bring the water to a boil.
- Remove water from the stove and add 2 to 3 drops of Tea Tree Oil.
- Cover your head with a towel and lean over the top of the bowl so that the ends of the towel are hanging down at the two sides of the bowl.
- Inhale the vapors for about 5-10 minutes.
- Repeat the process each night before going to bed until symptoms are cured completely. If symptoms persist for more than 5 days it is best to consult your doctor.

Notes: Undiluted Tea Tree Oil can cause itchiness, irritation, and redness on sensitive skin. If you have sensitive skin, it is always safer to dilute the oil in another base oil such as olive oil. (Avoid the use of Tea Tree Oil if you are with child or nursing).

Found at http://www.homeremediesweb.com/tea_tree_oil_health_benefits.php