



# COURTIN

Natural footcare



Original Australian



[www.courtin.eu](http://www.courtin.eu)

# What is Tea Tree Oil?

The name Tea Tree refers to the tree where the oil comes from, the *Melaleuca alternifolia*, also known as tea tree. There are several species of *Melaleuca* of which over 95% grows exclusively in Australia. Tea Tree Oil is extracted from the leaves of this tree through a steam distillation process. There are tens of kilos of leaves needed for a few drops of essential oil.

Because it is a pure and natural product, the colour of the oil can vary from colourless to light yellow.

Scientific studies confirm the various positive properties attributed to Tea Tree oil. It has a positive effect on the healing process in the body, it is fungicidal and antifungal, anti-inflammatory and antibacterial. In addition, it can also help prevent scarring. Not surprisingly, tea tree oil is also widely used in products such as acne treatment.

Tea tree is the common thread in the skin care line of Courtin. The products all contain Tea Tree oil and are particularly successful in treating acne, oily or blemished skin and eczema skin.





# The use of Pure Tea Tree Oil

*Pure Tea Tree Oil can be used in various ways. Before use it is advised to exclude any allergy or sensitivity to this ingredient. Drop a little Tea Tree oil on the inside of the elbow or hollow of the knee and wait 48h to determine whether redness, irritation or an allergic reaction occurs. If a reaction occurs, the test may be repeated with a diluted version.*

## **Pure**

A drop of pure Tea Tree oil can help with various skin conditions such as cold sores, ulcers, insect bites, nettles and warts. Point the affected area with a cotton swab soaked in Tea Tree oil. Repeat several times a day for the treatment of cold sores, warts or ulcers. Do not apply Tea Tree oil directly to an open wound.

## **Evaporate**

Put a few drops of Tea Tree in an oil burner, diffuser or vaporising lamp as Tea tree oil has an air purifying effect.

## **Baths**

Add a few drops of Tea Tree oil to the bath water. This may provide relief from itching, fatigue, muscle aches and flu or cold symptoms. Tea Tree also promotes blood circulation, this may have a positive effect on varicose veins for example.

## **Footbath**

A foot bath with a few drops of Tea Tree oil can help with tired and swollen feet. Suffering from fungal infections on your feet? Do a footbath cure in combination with the Courtin Footcare products.

## **Compresses**

Soak a compress cloth in 10cl water containing 2-4 drops of Tea Tree oil. Use this to cleanse the skin or to prevent scarring.

## **Laundry**

Disinfecting bedding or other laundry? Mix 20 drops of Tea Tree oil with 4 litres of water and let the laundry soak overnight. Be careful with pure oil on textiles, this can cause stains.

## **Massaging**

Mix pure Tea Tree oil with a base oil such as Jojoba oil or almond oil to treat muscle pain. Make sure the ratio of Tea Tree oil does not exceed 20%.

## **Steaming**

Use 5 drops of Tea Tree oil in a steam bath, atomiser or pan of boiling water. This has a cleansing effect on the skin and pores, but also helps with colds.

## **Addition to Courtin products**

To intensify the effect of Courtin products, extra drops of Tea Tree oil can be added.

# Courtin foot care products for home use

## **Courtin 100% pure Tea Tree oil**

Courtin 100% Pure Tea Tree Oil is pure, on a natural basis and without additives. The Courtin Pure Tea Tree Oil is a very versatile product and can promote the healing of various skin conditions.

## **Courtin Nail oil**

Courtin nail oil has a nourishing and caring effect and gives the nail its natural shine back. It softens the cuticles and prevents (fungal) infections and splitting.

## **Courtin Rub-off peeling**

The Courtin Rub-off peeling removes dead skin cells without grit. Removing dead skin cells thins the epidermis, reducing calluses and hardened skin. It evens out the skin, promotes circulation and allows better absorption of active ingredients from creams and serums.

## **Courtin Footbath**

Courtin Footbath cleanses and refreshes the skin. It has a positive effect on tired, swollen feet. For the treatment of eczema or fungal infections, apply daily as a course of treatments.

## **Courtin Hand & Footcream**

Supports the skin's ability to recover from common foot problems such as corns, swimmer's eczema and cracked skin. The cream has a purifying, nurturing and softening effect. Absorbs quickly and is non-greasy. Also suitable for hand care.

## **Courtin Chapped skin cream**

Courtin Chapped skin cream has a soothing, nurturing effect on severely calloused skin. It promotes the recovery of cracks and fissures and helps prevent new ones from appearing by providing the skin with optimal hydration.

### **Courtin Icegel**

Courtin Icegel has a cooling and refreshing effect on tired, burning and swollen legs/feet. It prevents odours and stimulates the superficial circulation. Particularly suitable during the summer or after intensive exercise such as a long walk or run.

### **Courtin Foot Deodorant**

Refreshes and deodorises the feet long-term and has a protective effect against foot fungus. It prevents dehydration and can therefore be used instead of a foot cream, for example during summer. In addition, Courtin Foot Deodorant can also be used to refresh your shoes.



# Courtin foot care treatments

*Courtin offers various foot care treatments based on Tea Tree oil. From a basic pedicure treatment to an extensive Spa foot care treatment with foot scrub and warming foot mask. Especially in the case of recurring problems such as calluses or cracks, and in the treatment of foot fungus or eczema, it is recommended to also use the Courtin products at home.*

## Personalised care advice by your Courtin expert

### **Advice daily care morning**

- Courtin Hand & Foot cream
- Courtin Chapped skin cream
- Courtin Icegel

### **Advice weekly care**

- Courtin Rub-Off Peeling
- Courtin Footbath

### **Advice daily care evening**

- Courtin Hand & Foot cream
- Courtin Chapped Skin cream
- Courtin Icegel

### **Extra care**

- Courtin Pure Tea Tree oil
- Courtin Nail oil
- Courtin Foot deodorant



## Notes

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