**Dr. Roark's top 10 essential oils for Cats**

1. **Myrrh**: powerful cleansing properties, especially for the mouth and throat, soothing to the skin, promotes awareness and emotional balance and well being, use when tension levels are high, maintains peaceful feelings

2**. Lavender**: calming and relaxing qualities, soothes occasional skin irritations, eases feelings of tension, promotes restful sleep, reduces anxious feelings

3. **Frankincense**: Supports healthy cellular function, rejuvenates skin, relaxation, balances mood, soothing

4. **Helichrysum**: promotes a healthy metabolism, promotes vitality and energy, soothing to skin

5. **Digestive Blend**: great for road trips, promotes healthy digestion, soothes occasional stomach discomfort, promotes a healthy gastrointestinal tract, eases feelings of queasiness, helps reduce bloating, gas, and occasional indigestion

6. **Grounding Blend**: promotes a whole-body sense of relaxation, evokes feelings of tranquility and balance, promotes restful sleep, eases anxious feelings, use on car rides to create a calm environment

7. **Protective Blend**: an effective alternative to synthetic options for immune support, supports the body's natural antioxidant defenses, protects against seasonal and environmental threats, supports healthy respiratory function

8. **Juniper Berry**: Supports healthy kidney and urinary tract function, natural skin toner, acts as a natural cleansing and detoxifying agent, use as part of a natural cleansing regimen, diffuse for positive feelings and to lesson stress. Blends well with cypress.

9. **The Repellent Blend**: acts as an effective insect repellent, helps ward off insects

10. **Arborvitae**: protects against environmental and seasonal threats, powerful cleansing and purifying agent, naturally repels insects, grounding aroma, evokes feelings of peace and calm. Blends well with cedarwood and frankincense.

\*\*\*Note: be sure to dilute EOs when using them with cats - 1 drop in a tsp or more of carrier oil.