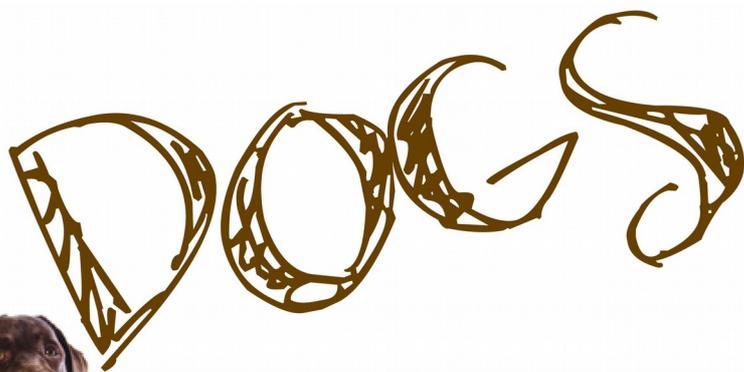


# TOP 10 ESSENTIAL OILS FOR



## 1. Frankincense

If you only use one oil, use this one – it is rejuvenating, promotes healthy cellular function, relaxation, it helps with pain, balance, mood, soothing, great for a variety of conditions, both physical & emotional.

## 2. Lavender

Known to be calming & relaxing, it is a natural antihistamine and great against seasonal threats. It is an effective skin soother for skin irritations & burns, and helps ease feelings of tension, great for restless dogs at night (esp puppies - help sleep through night).

## 3. Helichrysum

Like Frankincense, it promotes overall healthy wellbeing, is great for nerve issues, helps promote vitality & energy, great for soothing skin, wounds, scratches. Use immediately after a cut if still bleeding. Use for any kind of brain/nerve disorder & nervous system.

## 4. Digestive Blend

The ingredients are great for any kind of dogs who get car sick, are vomiting, have diarrhoea, constipation - any kind of digestive issue. It promotes healthy digestion & soothes the stomach. It promotes a healthy GI tract, and reduce feelings of queasiness, gas, bloating etc. Great to put a couple of drops on the belly, or in food.

## 5. Protective Blend

The ingredients in this make this a great and effective alternative to synthetic options for immune support. The immune-boosting protective blend supports the body's natural immunity. It is a natural antioxidant, protects against seasonal & environmental threats and supports healthy respiratory function.

## 6. Grounding Blend

This blend promotes whole body wellness and relaxation. It is a great primer for other essential oils, it aligns energies in the body, promotes restful sleep, helps anxious feelings, creates a calm environment. It is great for car rides, evokes feelings of tranquillity & balance, and in aligning energies, helps the body be ready to accept other essential oils.

## 7. Myrrh

This is an amazing, powerful essential oil. It is a powerful oil with cleansing properties, especially for the mouth, including abscesses, tooth problems, etc. It is soothing to the skin, and is a favourite for emotional issues. It promotes awareness & emotional balance and wellbeing, and helps to maintain peaceful feelings.

## 8. Roman Chamomile

This oil has calming properties. It is calming on the skin, and is great for mild skin irritations, rashes, etc. It is also calming to mind & body, soothes systems of the body, helps to support a healthy immune system. It can be put into shampoos & conditioners to condition skin and hair – creating a healthy, happy shining dog. It blends well with Lavender or the Grounding Blend to calm & soothe any irritability & promote feelings of wellbeing.

## 9. Lemon

A super oil – you can put 1 drop in 2 cups of drinking water to cleanse the body, aid digestion, boost immune system, promote a positive mood, supporting healthy respiratory function and alleviating respiratory discomfort. It can be applied topically if there are things like tar in their hair from pine trees etc.

## 10. Massage Blend

This is a very comforting and relaxing blend. It can be applied topically over painful areas, joints, spine, and is soothing and eases tension.

# HOW TO USE ESSENTIAL OILS FOR DOGS

**REMEMBER:** Not all oils are equal. There is no regulation, and many are perfume grade. Any oils you use must be medical or food grade - safe to use internally and topically – as you need to consider that anything used topically on an animal might be licked etc. In general oils are very safe if used correctly.

Dogs come in all different sizes, ages, breeds – and the oils can be used in varying strength and dilution. It is best to think of a dog like an infant. Also, these are not the only oils that can be used – there are many others (Geranium, Basil, Lavender, Cedarwood, Citronella are great for ticks!)

### How to use

Essential oils can be diffused into the air - couple of drops into water diffusers

Topical application - directly to area of concern, or along the spine - really receptive to it that way, not so much on the paws as quite sensitive

Oral ingestion - volatile chemicals, giving really really concentrated, but really diluted - in a capsule or mixing with wet food

Do not apply to eyes, nose, ears, genitals. These are oils that are applied by an owner - no prescription from the vet! They are wonderful & effective, but you have to have to play - each animal has its own unique chemistry, some will work well, some not so well for the same animal.

### Avoid:

Melaleuca, Wintergreen, Birch, Camphor and check the blends to make sure they do not contain these in their ingredients. These oils can be harder to metabolise and can cause GI and digestive issues.

Others to avoid: Rosemary, Fennel, Eucalyptus, Clove, Oregano, Cinnamon, Cypress, Ginger, Marjoram, Peppermint, Clary Sage (& Myrrh with caution if the dog has diabetes or other issues)

Don't be afraid to use essential oils, be aware of your animal and observe their behaviour. If they are running away when you use a certain one, they don't like it. If they have behavioural changes, listless, eyes watering, tremors etc, they may be sensitive to it. They are really good at telling you, if you stop and listen, which EOs they like and which ones work - watch, listen and use intuition for non-verbal cues.