

## Essential Oils for Pets

Just as aromatherapy can benefit humans both physically and psychologically, it can also benefit dogs.

Essential oils are good to have for the treatment of a wide variety of dog health problems – from flea infestations, motion sickness, to arthritis, and more. Note that not all essential oils are safe for our pets. This page gives you a list of some safe and beneficial essential oils that you can use on your dogs.

There are quite a few essential oils for dogs that are safe for use, but you do not have to buy all of them! There are a few “must-have’s” that you should get if you want to give your dog aromatherapy. There are also a few “good-to-have’s” depending on the kind of healing your dog needs.

Essential oils are a fantastic solution to many issues, and a simple, safe and respectful way to keep your dog happy and healthy. Providing a level of support that can help your dog fight itchy skin, anxiety, digestive upset and plenty more, essential oils are a safe alternative to harmful medicines. Below are the top five essential oils you can keep on hand (or paw) for your dog!

Some Safe Oils to Consider:

Veterinarians are skilled in the diagnosis of disease in animals and should always be consulted — especially in situations where symptoms are severe or persist.

Always tell your veterinarian what natural products your pet is using and involve him or her in these decisions.

**Cedarwood (*Juniperus virginiana*):** Antiseptic, tonifying, circulation-stimulating. Good for skin and coat conditioning and dermatitis of all types. Flea-repelling.

**Chamomile, German (*Matricaria recutita*):** Anti-inflammatory, non-toxic, gentle and safe to use. Good for skin irritations, allergic reactions, burns.

**Lavender (*Lavandula angustifolia*):** Very safe and gentle, antibacterial, anti-itch, nerve-calming. Good for many common animal ailments, e.g. skin irritations, first aid. A “must-have” oil for your dog!

**Sweet Orange (*Citrus sinensis*):** Calming, deodorizing, flea-repelling.

**Rose Geranium (*Pelargonium x asperum*):** Gentle and safe, antifungal. Good for skin irritations, fungal ear infections. Effective in repelling ticks.

**Lemon (*Citrus limon*):** Uplifting and clarifying, it clears confusion, is an immune stimulant, antiviral, antiseptic, antifungal, good for arthritis and kidney stones, clears mental confusion, increases concentration and assimilation of new information, increases trust in self and others and is useful with dogs who have moved homes a lot.

**Bergamot (Citrus bergamia):** Nerve-calming. Good for treating dog anxiety such as separation and noise anxiety.

**Rose Otto (Rosa damascena):** Cats and dogs love the smell of Rose Otto, emotional release or wellbeing, Nerve-calming, gentle when used in small amounts and properly diluted. Sedates the central nervous system. Avoid using with pregnant dogs.

### **How to use essential oil for pets?**

Most animals are more sensitive than humans to essential oils. So their reaction will show you if they like it or not.

- Start by diluting heavily and use in moderation.
- Every animal is different, so carefully observe how each animal responds to the oils. Use common sense and good judgment as you try different methods.
- Take special care to not get essential oils in an animal's eyes.

### **Your animal's size affects the amount of oil you should use.**

- For smaller animals like cats and small dogs, use 3–5 drops. Be sure to dilute 80–90 percent prior to application (for example, for every 1 drop of oil, use 4–5 drops of carrier oil)
- For larger animals, like large dogs, start with 3–5 drops. Unless otherwise indicated on the product label, dilution is unnecessary.
- For very large animals, like horses and cattles, start with 10 drops. Unless otherwise indicated on the product label, dilution is unnecessary.

### **Once they're used to essential oils, animals can respond well to topical application:**

- For cats and dogs, paws are a great place to apply essential oils.
- For hooved animals, we recommend application on the spine or flanks.
- Try rubbing oils onto your own hands and then stroking the animal's fur.
- For large or hard-to-reach areas, combine essential oils with Carrier Oil or water in a spray bottle for easier application.

### **Essential Oils & Pet Safety:**

Before embarking on essential oil use around pets, consult your veterinarian. It is important to always dilute essential oils before use in carrier oil – a rate of 1 drop of essential oil to 50 drops of carrier oil is usually sufficient.