



Essential Oils for your Dogs

Safe, Simple and Natural Home remedies for your Dog & Cat

ALWAYS CHECK WITH YOUR VET



Member of APA

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The way animals respond to essential oils is different than the way humans react to them. Some fragrances are processed by the limbic brain. They may bring back memories of the past such as a time or place. We can't prove what animals think when they smell the essential oils nor can we know if they have an emotional need from them. When using essential oils with a dog remember a dog's sense of smell is 100 times more than ours. This means if a human has 50 million fragrance receptors, then a dog has 200 million receptors.

Dogs can demonstrate if they approve of the fragrance or not. When using essential oils with your dog watch their reaction to the scent. If a dog likes the essential oil, he/she may lick your hand or the bottle. If they don't like them, he/she may walk away. This will at least lay the foundation of what essential oils can be used. The use of essential oils in a massage can also bring you closer with your pet. It is very important that you make the experience with the essential oil a positive one because this is how you will condition them to allow you to use them. Here are some scenarios that are recommended according to Essential Oils for Your Pets (Peiris, 2015):

- Do not introduce at times where they are afraid – thunderstorms, loud noises any time when they may be anxious.
- If they are fearful of human or other animals introduce them when you are alone.
- Do not introduce essential oils while they are in shock or pain.
- If they don't like grooming introduce them very slow.

You as the owner will have some intuition when it is a good time to use essential oils.

You will want to keep an eye on your pet when you introduce them for reactions. Keep your eye out for these reactions:

- Excessive drooling
- Panting
- No interest in sniffing
- Frantically rolling around or rubbing on an object
- Whining
- Panting
- Pacing
- Excessive Sneezing

The theory of evolution mentions that all life descended from unicellular organisms.

These organisms developed and became human, animal and plants. This may explain why they work on an evolutionary level. The oils are considered the soul of the plant and are used in holistic medicine for the purpose of the qi or life force energy balance.

Some common ailments that are commonly use essential oils to cure or fix: Allergies, Burns, Bad Breath, Anxiety, Insomnia, Cuts, Cracked Paws, Fatigue, Dirty ears, General Detoxification, Deodorizing, Fear, Gastritis, Flatulence, Hyper sexuality, Hyperacidity, Fleas, Ticks, Itchy Skin, Infected ears, Motion Sickness, Unhealthy coat, Skin infection, Teething pain and Weak immune system. There are some oils that should **never** be used and some that are good to use. They are listed at the end of this paper. When using essential oils remember that less is **more**.

Dogs are more sensitive to essential oils because of their sense of smell. That is why dilution is so important for them. When administering to them you also need to take into consideration their size. They are usually smaller than humans. There is a difference between dosage and dilution. Dosage refers to how much is used in the

finished product. It is generally expressed spritz and drops. When using the term dilution this refers to the quantity of oil in a formulation.

You should always dilute essential oils for your pets. The best is to start with 25% of the human dose. It is better to create a blend when using on pets. There is a greater impact when blending and together oils and hydrosols elevate the therapeutic benefit. A few things to remember when using essential oils on your pets: take the size of your pet into consideration for the dosage and dilution, never use essential oils near their genitals, nose, anus or eyes.

**** Be aware if there are cats around to take precautions. They can't tolerate many oils.

Always check with your vet. ****

Supplement

Here are some top essential oils to use for your dog and what affliction they will help. You can pick which one works best for your dog and what they like the best. Remember to test your dog and see what they prefer.

Carrot seed oil is used for skin care. It is good for dry, flaky or allergy skin. It helps boost tissue regeneration. This is a very gentle oil with minimal side effects.

German Chamomile oil is used for skin irritation, burns and allergies. This is an anti-inflammatory soothing essential oil. This is a very gentle oil.

Cedarwood oil is used to elevate circulation and boost release of toxins. This is a great oil for dermatitis. Fleas do not like this oil and will stay away from skin with this oil on. Cedarwood has moderate antiseptic effect and diminishes congestion in the lymphatic and circulatory system and tones animal skin.

Roman Chamomile oil has a strong analgesic action which is great for wound care and muscle cramps. It is a gentle oil and non-toxic. This oil is antispasmodic and calming.

Clary Sage oil has calming esters that can sedate the central nervous system. It is a great addition to any blend.

Eucalyptus oil is great for congestion. It is also an anti-inflammatory, Anti-viral and helps with deodorizing and a flea repellent.

Geranium oil has a soft pleasant fragrance. This oil is good to use for anti-fungal and skin ailments.

Ginger oil is great for motion sickness for dogs also. It is also good for hyperacidity and flatulence. Ginger can also be used for massaging for dogs suffering from dysplasia, sprains or arthritis.

Helichrysum oil is often called the most amazing essential oil for pets. It is a regenerative, analgesic and an anti-inflammatory and is extremely effective for pets.

Lavender oil is the most well-known. It offers a wide range of therapeutic uses. It is an anti-bacterial, anti-pruritic and has regenerative properties. It promotes general healing and first aid.

Mandarin oil helps with insomnia and to diminish fear and anxiety.

Sweet Marjoram oil is a calming oil that soothes the central nervous system. This is a great insect repellent. This oil is also used for wound care and skin infections.

Myrrh oil is known for its anti-inflammatory and anti-viral properties. This oil can also be used for tick repellent.

Niaouli oil is similar to tea tree oil but has a better aroma. It has anti-inflammatory and antihistaminic properties.

Never use: Bitter almond, Camphor, Cassia, Boldo, Anise, Birch, Calmus, Mustard, Mug wart, Clove, Garlic, Juniper, Pennyroyal, Oregano, Thyme, Wintergreen, Yarrow, Wormwood, Thuja and Rue.

Products to be used with Essential Oils: Carrier oils, Butters (unrefined only), Clays (made into poultices), Aloe Vera, Shampoos and soaps.

Works Cited

Peiris, S. (2015). *Essential Oils for Your Pets*.