AROMATHERAPY AND ESSENTIAL OILS FOR PETS

ESSENTIAL OILS FOR PETS

A Complete Practical Guide of Natural Remedies and Ailments

Susan Scott

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Table of Contents

INTRODUCTION

History of Essential Oils and Aromatherapy in Animals

CHAPTER ONE

The Fundamentals of Essential Oils
What are Essential Oils and How Do They Work on Animals?
Buying Essential Oils – Quality Does Matter for Your Pet
The Art of Blending Essential Oils
Storing Essential Oils
Safety Precautions When Using Essential Oils on Pets

CHAPTER TWO

Safe Essential Oils to Use
Lavender Essential Oil
Peppermint Essential Oil
Eucalyptus Essential Oil
Frankincense Essential Oil
Palo Santo Essential Oil
Rosemary Essential Oil
Orange Essential Oil
Cedarwood Essential Oil
Lemon Essential Oil
Ginger Essential Oil
Helichrysum Essential Oil
Niaouli Essential Oil
Roman Chamomile Essential Oil
German Chamomile Essential Oil

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Valerian Essential Oil
Myrrh Essential Oil
Neroli Essential Oil
Grapefruit Essential Oil
Carrot Seed Essential Oil
Ylang Ylang Essential Oil
Clary Sage Essential Oil
Marjoram Essential Oil
Plai Essential Oil
Rosalina Essential Oil
Patchouli Essential Oil
Hyssop Essential Oil
Geranium Essential Oil
Cardamom Essential Oil
Cypress Essential Oil
Sandalwood Essential Oil
Sweet Basil Essential Oil
Coriander Essential Oil

CHAPTER THREE

Unsafe Essential Oils
Anise Essential Oil
Clove Leaf Essential Oil
Tea Tree Essential Oil
Horseradish Essential Oil
Juniper Essential Oil
Thyme Essential Oil
Wintergreen Essential Oil
Yarrow Essential Oil

CHAPTER FOUR

Common Ailments
Fleas and Ticks
Car Ride Anxiety, Depression, Calming

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Car Sickness
Allergies
Burns
Ulcers
Arthritis, Joint & Muscle
Weight Loss
Ear Infections
Skin and Coat Issues
Wound Care
Asthma
Inflammation
Diarrhea and Constipation
Urinary Incontinence
Knee Injuries
Weak Immune System
Loss of Appetite
Grief
Bad Breath
Flatulence
Fatigue
Hyperactivity
Insomnia
Teeth Cleaning & Pain
Separation Anxiety in Dogs and Cats

CHAPTER FIVE

RESOURCES

Animal Aromatherapy online resources
Aromatherapy education
Healthy Paws Pet Insurance
Petplan
ASPCA Pet Insurance
Veterinary Pet Insurance (VPI)
Embrace Pet Insurance
Pets Best Insurance
Pet Insurance

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REFERENCES

REVIEW

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Introduction

History of Essential Oils and Aromatherapy in Animals

The history of essential oils is tangled with the history of herbal medicine, which in turn has been an integral part of natural healing in humans and animals. The use of essential oils dates back to ancient civilizations when they first played a crucial role in spiritual, aesthetic, and nutritional applications. It is known that physicians and priests had been using essential oils for thousands of years according to the Chinese and hieroglyphics manuscripts. Aromatic oils were used in the preserving process in Egypt. Basically, Egyptian temples were enthusiastic with the production as well as blending of oils and recipes. There are at least a hundred and eighty eight references to aromatic oils in the Bible, including spikenard, frankincense, myrrh and rosemary. The production of essential oils goes back to ca. 3500 BC when the ancient water distillation equipment for aromatic oils was employed, which is seen in the present day in the Texila Museum in Pakistan. Ancient Egypt, China, and India were the locations where aromatic oils were produced and used far and wide as fragrances, flavors and medicaments. The oils were also used as food ingredients. There are several examples of using citrus among other oils for desserts and sweets in the ancient Roman Empire, Greece and Egypt. The introduction and reintroduction of recipes in Europe is credited to Marco Polo on his return from a trip to China. Europe adopted the practice of using spice essential oils as food conservation agents.

A large number of naturally occurring essential oil plants have continually been used by the perfume industry among other companies. Recent advancements in science and technology have opened new views in the production of aromatic oils. The new advancement of refining and blending of oils followed in formulations of a great number of industrial products. Methods and techniques have been adopted in different organizations. In the sixties, the cultivation of lavender, patchouli, coriander, linaloe, vetiver, and geranium commenced. The therapeutic use of aromatic plant extracts and essential oils involved both clinical and holistic applications. Clinically, essential oils are administered orally and are commonly used by trained physicians. Holistically, essential oils are employed through a touch-care therapy and massage to treat physical as well as mental disorders. Aromatherapy is the healing use of aromatic oils, and is a recent addition to holistic medicine. There are so many methods used in aromatherapy for animals. Aromatherapy is increasingly popular due to its versatility. The method can be used alone or in combination with other conventional, alternative, complementary or holistic therapies. Caution should be exercised, as it can be dangerous if misused. This is the main reason why it is important to buy the highest quality essential oils, and use

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them accordingly. With careful use, animals around the world can receive the best that aromatherapy has to offer without endangering them.

Aromatherapy works with animals on different levels: spiritually, evolutionarily, emotionally, conditionally, and physically. There is no certain proof that animals can respond as effectively as humans can to essential oils. However, there have been multiple cases, particularly with dogs, where essential oils have been used as a synthetic fragrance. While it is obvious that animals prefer specific scents and that they are capable of liking certain aromas, there is no direct link to their brain activity. The shortage of complex emotional dynamics in animals simplifies aromatherapy use with them to some degree. Other features, including which essential oils to use, the quality and purity of essential oils, and how they should be diluted, determine the safety as well as the usefulness of aromatherapy with animals. The method is kinesiology aromatherapy, in which essential oils are chosen with regard to a subject reference. It can be difficult to choose essential oils for animals since they cannot exactly tell you how they think and feel; but they will show you varying reactions when presented with fragrances of different essential oils.

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Chapter One

The Fundamentals of Essential Oils

What are Essential Oils and How Do They Work on Animals?

Essential oils are fascinating natural plant products which possess a large number of biological properties. Biologically, these oils consist of all volatile compounds that exert therapeutic and holistic effects on animals. These essential oils give the plant its very specific scent. When they are extracted, essential oils are highly concentrated as well as volatile. This simply means that they change from a liquid into a gas at a faster rate. The most common form of extraction is by steam distillation.

Essential oils work with animals on different levels: spiritual, physical, conditional, and emotional. An animal's size as well as keen sense of smell must be taken into consideration when dealing with essential oils. Dogs have a much larger nasal cavity when compared to humans; therefore, their sense of smell is stronger and even better. Dogs have a much larger number of scent receptors than humans have. To effectively choose the best essential oils for animals, you need to effectively involve them in the choosing. Kinesiology aromatherapy is the technique you need to employ. This method involves choosing essential oils based on an animal's presence for them. Basically, if animals like the scent of an essential oil you present them with, then they must have an emotional or physical requirement for the oil. You can carefully monitor the reaction of your animal, either your dog or cat, to see whether or not they want the oil. Your pets should exhibit varying reactions when presented with aromatic oils. The best part is when your dog licks the bottle when he or she smells the fragrance. Your dog may sniff the fragrance and positively respond to it or it may sniff and look away. The stated reactions above are more than enough indication to let you know whether or not the essential oil you intend for your pet is a good choice.

Buying Essential Oils – Quality Does Matter for Your Pet

You should not buy essential oils for your pet from ordinary retailers, since they are likely to be cheap and useful only for less important things, such as using them in a burner. You should know that most aromatic oils are mixed with volumes of various diluents; therefore, you might want to check on the ingredients. You should buy aromatic oils with child-proof caps and reliable droppers. The best strategy is to never assume that the product sold to you is pure. Purchase essential oils that are sold in dark colored bottles. You should not buy the ones sold in plastic containers or clear glass. Also do not buy very many types of essential oils in the beginning. Choose a minimum of five or a maximum of ten to get started using oils. When

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buying aromatic oils, look for reputable blends from well-known manufacturers. You should be able to discern between essential oils, perfume oils, and synthetic fragrances. It is advisable to buy only one carrier oil when preparing essential oils for your pet. All-purpose carrier oils that you can buy for diluting aromatic oils for your pet should include grape seed oil, sunflower oil, and sweet almond.

The Art of Blending Essential Oils

Essential oil blending is the most creative phase of aromatherapy in animals; it is basically an art. The process requires a balance of practice and intuition. Blending of essential oils may require a bit of training, and at times, experimentation. When you choose to come up with your own blends for your pet, it is of great importance to understand the order in which the aromatic oils are blended. This is the only way that you will be able to maintain the preferred therapeutic properties. Beware that any alteration in the sequence of adding a number of essential oils to a blend may significantly change the chemical composition, and may change the fragrance as well as the expected outcome. Normally, essential oils that are of the same botanical group are known to blend accordingly. Furthermore, aromatic oils that are made up of the same constituents will blend well. To be able to formulate well-balanced essential oil blends, you will need to take into consideration the volatility of the oils in your possession.

Therefore, you need to have extensive knowledge about the notes of the essential oils. There are three basic essential oil notes, including the base note, middle note and top note. Top notes are characterized by light, flowery, fruity, and inspiring scents. Their scents usually evaporate much more quickly. Middle notes are characterized by spicy, herbal, and balancing scents that do not evaporate as quickly as those of top notes. On the other hand, base notes are characterized by heavy and woody scents and they evaporate at the slowest rate. In order to come up with the best blends for your pet, you need to take serious note of the following. Decide what condition you want the blend to manage and select at least three aromatic oils that can effectively manage your desired condition. Categorize your essential oils into base notes, middle notes, and top notes. Blend your oils by adding three drops of the top note for every two drops of the middle note and one drop of the base note into a dark bottle. It is recommended to always consult the manufacturer’s manual to know exactly which oils blend well.

Storing Essential Oils

Essential oil compounds are volatile to some extent, depending on how many carbon atoms they contain. Ideally, small molecules tend to be more volatile than larger molecules. The nature of the oils, regarding volatility, requires them to be stored appropriately. The best equipment for storing essential oils should be dark bottles. All bottles used for aromatic oils should be dark in color and made of glass. Dark bottles do usually prevent light from degrading your essential oils. The most

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common bottles in the market are cobalt blue and amber. Plastic bottles are discouraged, due to the fact that the plastic material may interact with the essential oil molecules, potentially interfering with the chemical composition of the oils. As far as blends of essential oils are concerned, two and five milliliter size bottles are the best fit. You should always have separate droppers for each blend when transferring them to storage bottles. This will ensure that the properties of the blends are not altered.

Safety Precautions When Using Essential Oils on Pets

Safety precautions are crucial when using aromatic oils with dogs. Dogs are more sensitive to oils when compared to humans. Dogs possess a much more powerful as well as more acute sense of smell; hence, dilution is necessary. Most dogs are much smaller in size than human beings, so it is advisable to take this under serious consideration when blending essential oils for your dog. You should prepare different dosages and dilutions with respect to your dog's weight; for example, a four pound dog versus a one hundred and fifty pound dog. A great number of aromatic oils in the Ketone group should be avoided as much as possible, and these do include but are not limited to the following: tea tree, red or white thyme, juniper, wormwood, and camphor, among others. While dogs have been known to fare well with most essential oils, other pets such as cats and birds do not. Cats are known not to digest these oils like dogs do, since they are very sensitive to synthetic oils and their metabolic system responds poorly. As a number one precaution, you should never use essential oils in or on cats, since the risks involved are far too great; yet you can always resort to safer natural remedies. It is especially important that you never spray or use essential oils in or around your pet's nose or eyes. You should also never have your pet ingest the oils. Dogs do usually have a keener sense of smell; therefore, it is vital to dilute their blends.

Pet aromatherapy must always be used safely and appropriately. Never apply essential oils directly to the cat's skin or fur. A large percentage of essential oils are highly concentrated and will be absorbed through the skin, which can make your cat tremendously ill. Before using aromatherapy with your cat, allow the cat to smell a drop of the oil. All essential oils must be diluted at least 1:10 in carrier oil. Regardless of whether or not you can dilute essential oils significantly, you are still not to use them with cats. As much as you are restrained from using essential oils on specific pets, particularly cats; you can still manage various conditions in cats by the use of hydrosols. In aromatherapy, hydrosols are the condensed water product coproduced during the steam or hydro distillation of plant material for aroma-therapeutic purposes. Hydrosols are known to pose minimal threats to the health of pets, specifically cats. Cats, as well as dogs, do respond conveniently to hydrosol remedies. The intensity of the fragrance and the period that the fragrance will last are greatly minimized in this method of use of essential oils. When administering hydrosols to your cat, do so in diluted doses, at a child's strength or less. Hydrosols

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are convenient sprays that can be misted around a cat's bedding. Keep essential oils and hydrosols away from strong light, heat, air, and moisture. The following essential oils are toxic as well as aversive to cats, and they include all citrus oils made from fruit peels. Oils that should be kept away from cats include lime, lemon, grapefruit, cinnamon, bergamot, orange, tea tree, thyme, Niaouli, oregano, spruce, mandarin orange, and fir, to mention a few.

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Chapter Two

Safe Essential Oils to Use

Lavender Essential Oil
Lavender oil is a good example of oils used in aromatherapy. The scent from the extract made from the flower spikes is inhaled to promote health and well-being. Lavender oil has been cherished for its unique aroma and its therapeutic properties for many years. The oil is widely used as well as accepted for its calming and relaxing qualities.

Distillation Method: Straight steam distillation

Part of Plant: Flower spikes

Color: Pale yellow, yellow-green to colorless

Scent: Floral, sweet and herbal

Chemical Group: Phytochemicals

Uses: As far as pets are concerned, lavender oil is a natural flea treatment, since it will effectively help to repel fleas and other insects. The oil is useful in soothing your pet's irritated skin, and at the same time helps prevent infection. The oil is particularly useful in calming excitable dogs; it does so by helping them minimize stress. Lavender oil is useful in treating carsickness in pets; all you need to do is add a few drops in the vehicle or in your pet carrier. You can consider it as an adjunct to the treatment of irritable bowel syndrome which can be linked to anxiety. The scent of lavender oil can also help to soothe your pet when introducing it to a new home.

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How to Apply: Direct application for ticks and fleas, diluted application for inhalation

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Peppermint Essential Oil

Peppermint essential oil is a good medicinal product with an amazing aroma. It is widely used in various commercially produced products, and it makes a resourceful addition for pet aromatherapy. The oil is derived from Mentha piperita leaves, making it highly inexpensive in the essential oils market. This aromatic oil has a thin consistency and it is typically steam distilled. You can use it as a top note in animals. As far as this essential oil is concerned, it is always advisable to consult a specialist if you are not certain of your pet's condition and how it will respond to the effects of the oil.

Distillation Method: Steam distilled

Part of Plant: Leaves

Color: Clear to yellowish green

Scent: Minty

Chemical Group: Mentha x piperita

Uses: Peppermint oil can be used effectively with ginger to treat your pet's motion sickness. The oil is highly resourceful, and you can use it as a circulation stimulant, insect repellent and antispasmodic for your pet. It is also useful for sprains and strains, dysplasia and arthritis. This oil is useful for nausea and travel sickness, given the fact that it reduces the effects of nausea. Peppermint oil is mentally stimulating for your pet, and you can use it to relieve mental tension and fatigue.

How to Apply: Vaporizing for inhalation, spray for fleas

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Eucalyptus Essential Oil

Eucalyptus oil is suitable for different uses, and it features a broad spectrum of terpene alcohols in its chemical composition. The aromatic oil has antiviral, anti-inflammatory and expectorant effects. The oil is exceptionally gentle; therefore, it is an appropriate choice to use in blends for your animals. You can also use the oil for congestion.

Distillation Method: Steam distilled

Part of Plant: Leaves and branches

Color: Clear to yellowish green

Scent: Camphorous, woodsy

Chemical Group: Terpene alcohols

Uses: You can use Eucalyptus oil when blending for your pet who is suffering from congestion. The oil is effective in managing colds and coughs when blended with other oils and the mixture is applied to the chest, the ribcage, the throat and from the ears into the shoulders. Eucalyptus oil is used to eliminate fleas by adding at least seven drops of the oil into a thirty two ounce shampoo bottle and washing your pet's body with the shampoo. Make sure the shampoo you use is a gentle shampoo actually meant for dogs, and the addition of the oil is appropriate.

How to Apply: The most effective application of eucalyptus essential oil for your dog is through topical application and a shampoo bath.

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Frankincense Essential Oil

Frankincense essential oil comes from the deciduous *boswellia thurifera* and it belongs to the Monoterpene hydrocarbons. This oil is a base note that is characterized by a woody, balsamic, yet spicy smell, and it has a pale yellow to pale green tone. The oil is significantly thick, given the fact that it comes from tree sap. This essential oil's elements include incensole acetate that is known to minimize anxiety. The general properties of this essential oil that make it so special include: immune stimulant, expectorant, anti-tumoral, antiseptic, anti-infectious, anti-depressant, and anti-catarrhal.

Distillation Method: Steam distillation

Part of Plant: Resin

Color: Pale yellow

Scent: Fresh, green with warm and balsamic undertone

Chemical Group: Monoterpene hydrocarbons

Uses: The essential oil is indicated to strengthen a deteriorated immune system, and is the best choice for any given blend for an elderly or sick animal that needs a systemic boost. The oil is non-toxic and non-irritating and can be used for skin ailments, due to its anti-inflammatory and antibacterial properties. This oil is useful in managing cancer tumor in dogs. All you need to do is apply frankincense oil on the tumor and it will subside in a month.

How to Apply: Direct application and inhalation

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Palo Santo Essential Oil

This is a clear to pale yellow essential oil with a thin consistency. The oil presents you with a sweet, woody fragrance with hints of mint and citrus. In aromatherapy blends, the oil is used as a middle note. This essential oil has several useful general properties, acting as an immune stimulant, antiviral, antiseptic, anti-inflammatory and anti-infectious agent. The oil will blend well with the following: geranium essential oil, bergamot essential oil, lemon essential oil, lavender essential oil, and grapefruit essential oil.

Distillation Method: Steam distillation

Part of Plant: Wood

Color: Pale yellow

Scent: Sweet, woody aroma with hints of citrus and mint

Chemical Group: Monoterpene hydrocarbons

Uses: Palo Santo essential oil stimulates the immune system, repels insects, kills ticks, alleviates arthritis and rheumatism, and relieves muscle pain and inflammation. You are advised not to allow your pet to ingest Palo Santo essential oil.

How to Apply: It is suitable for topical application and direct inhalation as far as your pets are concerned.

Rosemary Essential Oil

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This essential oil is particularly resourceful, given the fact that it can be used on a variety of illnesses in addition to aromatherapy. The oil is evergreen; however, its fragrance is not overly woody. The fragrance is fresh, sweet and exceptionally herbal with gentle medicinal undertones. Rosemary has a thin consistency and it is typically steam distilled from flowers. In aromatherapy, the oil is categorized as a middle note. The general properties of this essential oil include the following: antioxidant, antifungal, antibacterial, anti-arthritic, analgesic, antispasmodic, astringent, antiseptic, and expectorant, among others.

Distillation Method: Steam distillation from flowers

Part of Plant: Flowers

Color: Clear to yellow

Scent: Uplifting, stimulating, fresh, as well as herbaceous

Chemical Group: Mint family Lamiaceae

Uses: The oil works as an effective bug repellent when at least five to ten drops are mixed into a tablespoon of apricot kernel oil. You can possibly use this essential oil topically on your dog to prevent as well as repel fleas; however, its use on cats is highly questionable. Cats may present negative reactions whether it is added to their collar or rubbed into their coat. On the other hand, it is completely safe to wash your pet in a blend of rosemary oil or rub at least ten drops of the tincture into their fur.

How to Apply: The oil should be diluted with carrier oil before applying on pets. You can apply it through direct inhalation, topical application and diffusion. Ingestion is not recommended for pets.

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Orange Essential Oil

Orange essential oil is made up of a couple of fragrances, including sweet and bitter. Of the two fragrances, sweet is the most popular one. If you have pets and you want to use essential oils on them, then orange sweet is a good choice. Greenish orange in color and with a thin consistency, this oil is typically cold pressed or expressed. The oil is considered to be a top note when used in aromatherapy. The general properties of this essential oil include: tonic, circulatory, antitumoral, antispasmodic, antiseptic, and antidepressant. The oil blends well with a number of oils, including: sandalwood, bergamot, frankincense, clary sage, neroli, ylang-ylang, eucalyptus, myrrh, patchouli, palo santo, geranium, lavender, grapefruit, lemon, and ginger. Do not expose cats to orange essential oil, since they are naturally repulsed by the oil.

Distillation Method: Cold expression from rinds

Part of Plant: Rinds

Color: Yellow – green - orange

Scent: Cheeringly citrusy

Chemical Group: Rutaceae

Uses: Orange sweet essential oil is a nontoxic addition to pet bath products, and has a calming effect on nervous dogs. Therefore, it can be used to promote a positive attitude and to calm the mind and ease feelings of aggravation. You can conveniently carry out a patch test before using this oil on your pet. Dilute it by adding one part carrier oil before application. You can blend this oil with other essential oils to come up with a pet spray for fleas. The simplest blend you can prepare needs the following: five drops of lemongrass essential oil, twenty drops of orange essential oil, twenty drops of lavender essential oil, and eight ounces of distilled water in an eight ounce spray bottle. Be sure to work the spray into your pet’s coat.

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How to Apply: The oil is suitable for direct inhalation, topical application and diffusion.

Cedarwood Essential Oil

Cedarwood essential oil is a gently stimulating natural oil that has the capability of increasing circulation and stimulating the release of toxins. This essential oil has an elegant, earthy and complex fragrance that makes it appropriate for aromatic blends. The dominant chemical composition of the essential oil is sesquiterpene hydrocarbons. This signifies toning properties, moderate antiseptic effects and reduction of congestion in the circulatory system. The method of distillation used by this essential oil is steam distillation and it has a deep, woody, smooth, warm and balsamic aroma.

Distillation Method: Steam distillation

Part of Plant: Wood

Color: Deep amber

Scent: Deep, woody, smooth, warm, and balsamic

Chemical Group: Sesquiterpene alcohols

Uses: You can use Cedarwood in conditioning blends for the skin and coat, given the fact that its circulation stimulating effect is beneficial. The oil can also be used on a flea collar. To come up with a flea collar blend, you will need to blend Cedarwood essential oil with any of the following essential oils: lemon essential oil, lavender essential oil, eucalyptus essential oil, chamomile essential oil, or bergamot essential oil. Add two drops of Cedarwood essential oil to a mixture of two drops of three other essential oils, individually. Soak your pet's collar in the mixture, let it dry and put it around your pet's neck to repel fleas.

How to Apply: Topical application, diffusion

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Lemon Essential Oil

Lemon essential oil is known as a remarkable aromatic, topical oil that can be used to complement many other oils. Lemon essential oil has a fragrance much like that of fresh lemon zest. It is normally pale to deep yellow in color and has a thin consistency. When used in aromatherapy blends, lemon oil is usually considered to be a top note. The general properties of this oil do include: carminative, anti-inflammatory, antibacterial, antispasmodic, anti-rheumatic, antiseptic, and antifungal.

Distillation Method: Expression

Part of Plant: Rind

Color: Yellow

Scent: Crisp, bright, sharp and citrusy

Chemical Group: Monoterpene hydrocarbons

Uses: Primarily, lemon essential oil will help repel insects that may attack your pet, and soothe insect bites. This oil is an exceptional choice for use with pets. The use of lemon essential oil in diffusers and sprays not only disinfects room air, but also cuts through the smell of musty, wet dogs. You can use lemon oil as a constituent element in an anti-tick blend; for instance, you can make an anti-tick blend by combining lavender oil, lemon oil, eucalyptus oil, and bergamot oil.

How to Apply: Dilute lemon essential oil with carrier oil, and diffuse directly through inhalation or apply topically.

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Ginger Essential Oil

This is a pale yellow to amber essential oil with a warm, spicy, fresh and woody aromatic fragrance, which is reminiscent of coriander, lemongrass and citrus. The oil's sweet and heavy undertone is rich and almost balsamic floral. Ginger oil's citrusy fragrance provides a multitude of therapeutic benefits for your pet, either through aromatic or topical application. You should not settle for ginger oil that has a stale or musty smell. Ginger oil is moderately inexpensive when compared to other aromatic oils, and contamination is not common.

Distillation Method: Steam distillation

Part of Plant: Root

Color: Amber, pale yellow

Scent: Warm, spicy and fresh

Chemical Group: Sesquiterpene alcohols

Uses: Ginger essential oil is a good addition to blends for use with dogs that have motion sickness. The oil is an effective digestive aid and you can use it in massage blends for your pet. The use of ginger oil as a prophylactic remedy against motion sickness for your pet is allowed. The effect of ginger vapor has been shown to be very effective.

How to Apply: For arthritis – a blend of ginger, lavender, and rosemary diluted with V-6 mixing oil, directly applied to arthritic areas. Generally, application can be topical or aromatic.

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Helichrysum Essential Oil

Helichrysum is a classic example of an essential oil that is extremely effective in dilution, and it is an aromatherapy oil with recognizable success. The oil has an undisputed ability to heal skin tissue; hence, the oil's increasing demand. Exploration of this essential oil is known to offer nonthreatening experiment. The essential oil impresses with its extreme gentleness and high efficacy. Helichrysum is so mild that it is the preferred option for the immediate treatment of injuries, especially bleeding wounds. Dropping this oil into a bleeding wound sanitizes it, speeds up its closure, and conveniently stops the pain. There is hardly a better wound healer and anti-aging agent than this essential oil. One of the most sought-after essential oils, Helichrysum has traditionally been used for its soothing and regenerative effects. The general properties of this essential oil include: antispasmodic, anticoagulant, anti-hematic, anti-phlogistic, anti-inflammatory, expectorant, antimicrobial, and anti-bacterial.

Distillation Method: Steam distillation of flowers

Part of Plant: Flowers

Color: Yellow

Scent: Sharp, herbaceous aroma

Chemical Group: Asteraceae / Compositae

Uses: Helichrysum essential oil is a quick remedy to reduce bleeding when your pet has had an accident. This anti-bacterial essential oil helps to repair nerves, and it is the most recommended choice when your pet is suffering from cardiac disorder.

How to Apply: Topical application

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Niaouli Essential Oil

This is a colorless, pale yellow to greenish essential oil with earthy-herbaceous scent reminiscent of eucalyptus. The essential oil is obtained from twigs and leaves through steam distillation. Niaouli essential oil is completely unrelated to neroli essential oil. Niaouli essential oil functions well as an antiseptic for the bronchial system and the urinary tract. Through diffusion, this oil is known to be beneficial in the treatment of colds, flus, bronchitis and coughs. The oil helps in wound healing by stimulating tissue renewal. Niaouli essential oil mixes well with hyssop, eucalyptus, orange, lemon and ocean pine. Generally, the oil can be used topically to treat rheumatic pain.

Distillation Method: Steam distillation

Part of Plant: Twigs and Leaves

Color: Colorless, pale yellow, greenish

Scent: Earthy-herbaceous scent reminiscent of eucalyptus

Chemical Group: Myrtaceae

Uses: You can use the essential oil to treat your dog's colds and coughs. All you need is a blend of Niaouli essential oil and eucalyptus essential oil. Add two drops of each of the essential oils into a thirty milliliter container of olive oil. Then apply the oil blend to the chest, the ribcage, the throat and from the ears into the shoulders of your dog.

How to Apply: Topical application, diffusion

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Roman Chamomile Essential Oil

Roman chamomile essential oil has a distinctive pale blue color and a strong, fruity, apple-like, herbaceous aroma. The aroma is intense as well as diffusive; hence, it is best utilized in low concentrations. The oil is normally dominated by such non-terpenoid esters that are derived from short chain parent alcohols. In aromatherapy, the essential oil is mainly used as an anti-inflammatory, calming, tonic, antibiotic, analgesic, hepatic, antimicrobial, antiseptic, and antispasmodic natural oil. In aromatherapy blends, Roman chamomile blends well with the following essential oils: lavender, ginger, lemongrass, Helichrysum, geranium, patchouli, bergamot, rose, and sandalwood, among others. Roman Chamomile essential oil is made up of a rare composition of intensely calming as well as antispasmodic esters that make it highly appropriate for soothing the central nervous system and relieving muscle pain. This essential oil has a thin consistency and it is a middle note in aromatherapy.

Distillation Method: Steam distillation

Part of Plant: Flower heads

Color: Pale blue, turning yellow with storage

Scent: strong, fruity, apple-like, and herbaceous

Chemical Group: Non-terpenoid esters

Uses: You can use a blend of Roman chamomile and other essential oils to treat your pet's ear problem. You need the following to come up with a blend: one teaspoon of olive oil, one drop of roman chamomile essential oil, and one drop of lavender essential oil. Once you have the ingredients, you will have to warm the olive oil gently, and then add the blend of oils as listed earlier and mix well. Drop the mixture

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into your pet's affected ear and gently massage the affected area. You are advised to ensure that the olive oil warmth is moderate in order for the blend to be effective.

How to Apply: Roman chamomile essential oil can be applied neat. The oil is suitable for direct inhalation, topical application and diffusion, but it is not suitable for ingestion – particularly in pets.

German Chamomile Essential Oil

German chamomile essential oil is obtained from its daisy-like flowers. The oil is defined by a deep, inky-blue liquid formed during the distillation process from matricine, which is found in the flowers. This essential oil is characterized by the presence of sesquiterpenes. German chamomile oil is a strong skin-soothing as well as anti-inflammatory agent, due to the presence of chamazulene. Generally, German chamomile essential oil is known to relieve burns and allergic reactions, among other types of skin irritations. The essential oil is highly gentle and non-toxic; however, you need to always dilute the oil considerably when using on pets. Several chemotypes of German chamomile exist, with the most therapeutic and desired one being the alpha-bisabolol type. German chamomile blends well with lavender essential oil, Helichrysum essential oil, peppermint essential oil, patchouli essential oil, sandalwood essential oil, rose essential oil, and spearmint essential oil.

Distillation Method: Steam distillation

Part of Plant: Flower petals

Color: Deep blue

Scent: Deep, woodsy, smooth, warm, and balsamic

Chemical Group: Sesquiterpene hydrocarbons

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Uses: Compress hot spots with lavender essential oil and German chamomile essential oil. This will help relieve itching that makes your pet lick a sore or spot. You can always compress as frequently as possible. You can alternatively bandage a compress on a sore or a spot to prevent your pet from licking and to promote healing. Furthermore, you should compress hot spots brought about by pressure sores from lying on pavement or hard surfaces. For the above hot spots, you can opt to use a blend of German chamomile essential oil, geranium essential oil, lavender essential oil, and immortelle essential oil.

How to Apply: Topical application

Valerian Essential Oil

Valerian essential oil is a deep olive-green to brown natural oil with distinctive aroma characterized by warm, woodsy, balsamic, root-like characteristics, with animal musky undertones and great tenacity. When the oil ages, it becomes more viscous and darker. In aromatherapy, the essential oil is used to relieve anxiety, debility, agitation, varicose veins, palpitations, hemorrhoids, tension states, restlessness, migraine, and nervous indigestion. Unlike other essential oils on the market, caution is required when using valerian essential oil with animals. Valerian essential oil is known to have the following properties: hypotensive, carminative, antispasmodic, hypnotic, and mild anodyne.

Distillation Method: Steam distillation of the rhizome / root

Part of Plant: rhizome/root

Color: Deep olive-green to brown

Scent: Warm, woodsy, and balsamic

Chemical Group: Valerian

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Uses: You can opt to use valerian essential oil to calm your aroused dog. You can try essential oils that are applied for extreme sexual desire, and blend them with essential oils that are focusing and calming. You can also use valerian essential oil to calm down an aggravated dog apart from an aroused one. The most basic blend that you can make for calming your pet should include valerian essential oil, marjoram essential oil and lavender essential oil. You can use this oil on cats to prevent them from scratching on your furniture, but in minute amounts. To prevent cats from scratching your furniture; make a scratching post made of wood and apply it with minimal amounts of valerian essential oil. Your cat will be attracted to the post, and as a result it will no longer scratch your furniture. Instead it will turn its attention to the post.

How to Apply: Topical application, diffusion

Myrrh Essential Oil

Myrrh essential oil has a yellow amber to brown color, and a medium consistency. The oil is considered a base note when used in aromatherapy blends. The oil has a warm, earthly aroma that has woody undertones which provide it with an irresistible quality. The general properties of this essential oil include but are not limited to: tonic, vulnerary, expectorant, antiseptic, antimicrobial, anti-inflammatory, astringent, antiviral, antispasmodic, and antifungal. This essential oil blends well with the following oils: lavender essential oil, frankincense essential oil, bergamot essential oil, grapefruit essential oil, eucalyptus essential oil, geranium essential oil, lemon essential oil, rosemary essential oil, ylang-ylang essential oil, and Roman chamomile essential oil, among others.

Distillation Method: Steam distilled from the myrrh resin

Part of Plant: Resin

Color: Yellow amber

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Scent: Warm, earthy, and woody

Chemical Group: Burseraceae

Uses: Myrrh essential oil is used as a pet ointment. All you need to do is mix myrrh with appropriate oils and apply on rashes, fungal skin ailments, cuts, scrapes, and bites. It can also be used as a mosquito repellent for your dog's ears. The essential oils that you can blend with myrrh to make the ointment include geranium essential oil, carrot seed essential oil, patchouli essential oil, rosewood essential oil, and palmarosa essential oil.

How to Apply: Topical application through ointment and pet shampoo.

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Neroli Essential Oil

Neroli essential oil is a colorless to pale yellow natural oil which becomes reddish-brown when exposed to air. The oil has a strong, light, fresh, floral, sweet, and faint aroma, accompanied by a unique sweet top note. This is a volatile essential oil, which is obtained from steam distilled flowers. Scientifically, Neroli essential oil is known to be a sedative as well as a stimulant. The oil's aroma is highly pleasant; hence, it can stimulate as well as relax. Unlike other essential oils, Neroli is not recommended to be used on the skin due to the inherent high sensitization potential. In aromatherapy, Neroli essential oil is classified as a hypnotic, euphoric, and aphrodisiac. Generally, the essential oil has properties that can alleviate the following: anxiety, depression, shock, constricted circulation, hysteria, and bronchitis, among others.

Distillation Method: Steam distillation

Part of Plant: Flowers

Color: Colorless to pale yellow

Scent: A strong, light, fresh, floral, sweet, and faint aroma

Chemical Group: Rutaceae

Uses: You can use the oil in a blend of various essential oils to come up with a calming blend for pets. The ingredients you need to include are: three drops of ylang-ylang essential oil, three drops of Neroli essential oil, three drops of marjoram essential oil, three drops of lavender essential oil, and one ounce of cold pressed almond or olive oil. Mix the above ingredients and store in a dark glass bottle. Place at least three drops of the blend on a hankie tied loosely around your pet's neck. Safety concerns require you to ensure that your cat does not breathe in this particular oil, since it may pose potential health problems for the cat.

How to Apply: You can apply the oil topically or by diffusion

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Grapefruit Essential Oil

Grapefruit essential oil is characterized by a heavenly scent that has an uplifting and calming effect. Grapefruit essential oil is cold pressed from the rinds of ripe grapefruits that are first removed from the piths. The piths are usually thick and spongy. Grapefruit essential oil can also be produced by steam distillation. The cold pressed oil is usually yellow to pale orange, and its fragrance is sweet and fresh. The oil has a tonic and clarifying effect on the skin and tissues and it is believed to stimulate hair growth. The oil is supposed to be used in small quantities when dealing with pets. It is non-toxic, thus it does not cause photosensitivity. Unlike other citrus oils, this one has a shorter shelf life; therefore, you need to be careful in order to prevent oxidation, which may lead to side effects. In aromatherapy blends, grapefruit essential oil blends well with lavender essential oil, bergamot essential oil, geranium essential oil, ylang-ylang essential oil, Neroli essential oil, sandalwood essential oil, rosemary essential oil, and jasmine essential oil, among others.

Distillation Method: Cold expression from rinds

Part of Plant: Rinds

Color: Yellow to pale orange

Scent: Fresh, crisp, bright, and citrusy

Chemical Group: Monoterpene hydrocarbons

Uses: Grapefruit essential oil is a good choice during summer as a natural bug repellent, particularly in tick-infested regions. Misting your pet with a mix of grapefruit essential oil and lavender essential oil before going out is a great way to keep bugs away. You can also come up with anti-flea spray by combining the

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following essential oils: lemon, grapefruit, eucalyptus, and Cedarwood. Soak your pet's collar in the mixture and put it on; the blend should keep fleas away.

How to Apply: Topical application, diffuse

Carrot Seed Essential Oil

Carrot seed essential oil has a dry, woody, slightly sweet, earthy fragrance, and it is yellow / amber to pale orange in color. Carrot seed essential oil is steam distilled from the seeds. The oil is made up of three pharmacologically active elements, including luteolin 3'-0-beta-D-glucopyranoside, luteolin, and luteolin 4'-0-beta-D-glucopyranoside. Generally, the essential oil is used in food aromatization and perfumery. The essential oil's main element is carotol, and it is also composed of vitamin A and carotene. Characteristically, carrot seed essential oil hardly smells like carrots. The oil's many elements, such as linalool and cadinene are responsible for its watery viscosity, pale yellow hue, middle note properties, and woody aroma. This essential oil is known to pose minimal if any threats to the skin, even when applied undiluted. You can conveniently blend the oil with other essential oils to come up with mixtures that have therapeutic effects. Essential oils which blend well with carrot seed include spice essential oil, geranium essential oil, citrus essential oil, cinnamon essential oil, and Cedarwood essential oil. As with other essential oils, you are advised never to use carrot seed essential oil undiluted with your pet. In addition, you should not use this essential oil internally.

Distillation Method: Steam distillation

Part of Plant: Seed

Color: Yellow/amber to pale orange

Scent: Dry, woody, slightly sweet, earthy aroma

Chemical Group: Apeaceae

Uses: You can use a blend of carrot seed oil with other essential oils to prepare a mixture which can relieve your pet's rashes and bites, and can be used as an insect

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repellent. The ingredients you require include carrot seed, rosewood, Palmarosa, patchouli, myrrh, and geranium essential oils. You can determine the frequency of use. Apply the blend directly to your pet's affected areas three to four times a day. Apply the blend to the ears and legs of your pet prior to it going outside. Additionally, you should apply the blend to the ears and legs of your pet during the mosquito and fly season.

How to Apply: Topical application.

Ylang Ylang Essential Oil

Ylang Ylang essential oil is known for its sweet, soft, flowery aroma. The oil's aroma and medicinal properties are due to various components, such as benzyl acetate, benzyl benzoate linalool, and methyl benzoate, just to mention a few. Ylang Ylang essential oil is made up of linalool which is a compound that is essential for reducing stress. Its pleasing and mild aroma makes it an essential oil that can be used for various medicinal purposes, including insomnia, colds, fever, sinus infections, and headaches. The oil is also known for numerous properties that include the following: anti-seborrhoeic, antianxiety, anti-inflammatory, antispasmodic, antidepressant, sedative, hypotensive, aphrodisiac and antiseptic.

Distillation method: Steam Distillation

Part of Plant: Flowers

Color: Clear with a Yellow Tinge

Scent: Fresh, floral, sweet, slightly fruity

Chemical group: Annonaceae

Uses: Due to its mild and pleasant aroma you can use it for calming your pets. It is effective in calming and giving your pet a sense of relaxation. You can also use it to promote your pet's masculinity since it is known to boost muscle strength. Ylang

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Ylang essential oil can also be used as a disinfectant, allowing you to keep your pet and its environment clean.

How to Apply: Inhalation and topical application by combining it with carrier oil.

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Clary Sage Essential Oil

Clary sage essential oil is a gentle as well as tolerable natural oil with various ranges of effects. This oil is predominantly calming while sage is moderately mucolytic. The calming effect makes clary sage a convenient addition to any essential oil blend for pets. Unlike garden sage that is highly inappropriate for use with pets, clary sage has proven to be quite resourceful. Clary sage essential oil is appropriate to add to calming blends for pets in conveniently small amounts. The essential oil is obtained from flower tops and leaves through steam distillation.

Distillation Method: Steam distillation

Part of Plant: Flower tops, leaves

Color: Pale yellow - green

Scent: Warm, nutty, herbal

Chemical Group: Esters

Uses: The essential oil has a calming effect on pets; therefore, you can use it in a mixture of other essential oils. You can make a flea repellent from a blend of clary sage essential oil with lemon essential oil, eucalyptus essential oil, juniper berry essential oil, and eight ounces of fixed oil. The parts required include: four drops of juniper berry, five drops of peppermint, nine drops of lemon eucalyptus, and five drops of clary sage. Mix the oils into the fixed oil and blend. You can soak the collar in the blend.

How to Apply: Topical application, direct inhalation, both in small quantities.

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Marjoram Essential Oil

Marjoram essential oil also referred to as "joy of the mountains", and is one of the most common herbs found in most houses across the globe. Marjoram essential oil is natural oil obtained through steam distillation from the dried *Majorama hortensis*, which is indigenous to the Mediterranean region. The essential oil has a yellow to greenish yellow color and a spicy, cardamom note. You should not confuse the sweet marjoram essential oil with the wild marjoram essential oil. Marjoram essential oil (sweet) is made up of several terpenes mainly terpinene; in addition to cineole, terpineol, 4-terpineol, pulgone, and small traces of esters. Marjoram essential oil has a warm, spicy aroma and is viscously thin. The essential oil constituents are known to contribute to its sedative, diuretic, antiviral and antiseptic properties, making it a resourceful therapeutic grade, even for animals. From a general perspective, you can use the oil in aromatherapy massage to alleviate pain, stiffness and soreness.

Distillation Method: Steam distillation

Part of Plant: Leaves

Color: Yellow to greenish yellow

Scent: Warm, spicy and viscously thin

Chemical Group: Labiatae

Uses: You can use marjoram essential oil in a mix of other essential oils to manage arthritis in the joints of pets. Apart from managing arthritis, the blend helps to relax, calm and relieve tension in the pet's joints. This essential oil helps to bring vitality to the heart of your pet and to improve circulation. The essential oils in this blend include marjoram, cypress, Helichrysum, and ylang ylang, and a carrier base of

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sesame seed oil. You can mix this essential oil with v-6 and tip the ears and rub it over the heart area of your pet. You can also make a pet calming blend by mixing the following: one ounce of almond oil, three drops of lavender, three drops of marjoram, three drops of Neroli, and three drops of ylang ylang.

How to Apply: Topical application

Plai Essential Oil

Plai essential oil is a remarkable natural oil that is known for its analgesic and anti-inflammatory capabilities. This is a pale amber essential oil that has a characteristically bright, uplifting, peppery, and fresh aroma. In aromatherapy, it is used as an essential oil that has the abilities of relieving pain and inflammation. The analgesic and anti-inflammatory properties are due to the presence of Zingiber cassumunar rhizomes. In addition, the oil possesses antimicrobial properties against a wide range of Gram-negative and Gram-positive bacteria, yeast, and dermatophytes. Moreover, the oil presents antifungal properties against pathogenic fungi. In aromatherapy, Plai essential oil blends well with peppermint essential oil, Neroli essential oil, lemon essential oil, rosewood essential oil, clary sage essential oil and palmarosa essential oil, among others. You should be aware that there is little to know about this essential oil; however, it is classified as one of the safest essential oils.

Distillation Method: Steam distillation

Part of Plant: Leaves

Color: Pale amber

Scent: Uplifting, bright, peppery and fresh aroma

Chemical Group: Zingiberaceae

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Uses: Using Plai essential oil for your pet is a smart and simple solution for various physical problems. If you want your pet to be healthy all the time; then you need to integrate the use of this essential oil whenever possible. You can effectively and conveniently use this natural oil on pets such as dogs who suffer from sore wrists. This oil is known to be highly non-toxic, non-irritating and non-sensitizing; therefore, you can comfortably use it on your pet anytime.

How to Apply: Topical application.

Rosalina Essential Oil

Rosalina essential oil is mainly known to support the immune system and also to benefit the skin. It is comprised of various properties, including antibacterial, immune stimulating, antimicrobial, anti-inflammatory, antihistamine, antifungal, calming and antiviral properties. Due to its high levels of linalool, Rosalina can be used for calming and relaxation. Its strong herbaceous and woody scent is also essential for refreshing and cleansing the mind. Rosalina is described as a gentle and safe oil that is mild and safe on various skin types, and quite suitable for your pet. This essential oil can blend with numerous other essential oils, such as lemon, tea tree, lavender, and cypress, to mention a few.

Distillation Method: Steam Distillation

Part of Plant: Leaves and Twigs

Color: Clear

Scent: Sweet, clean, slightly spicy

Chemical group: Monoterpenols, Oxides

Uses: You can use Rosalina essential oil on your pet due to the fact that it is gentle. This oil is a good choice for treating ear problems in pets. This essential oil is also

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highly resourceful as a calming oil.

How to Apply: Topical application, inhalation

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Patchouli Essential Oil

This is a deep golden-brown essential oil with a medium to thick consistency. The oil's rich, herbaceous, earthy, woody aroma is exceptionally appealing and it is an outstanding base note in aromatherapy blends. Patchouli leaves are steam distilled, producing amber to dark orange essential oil. This essential oil ages well, and the aroma does improve with age instead of deteriorating. Patchouli essential oil is an outstanding ingredient in perfumery. Generally, this oil is useful for the skin, given the fact that it is cicatrizing and anti-inflammatory. The general and primary uses of this essential oil include: soothing insect bites and stings on humans and pets, easing digestion, moisturizing dry skin, repelling insects on pets, and alleviating constipation. In aromatherapy, patchouli essential oil relieves nervous exhaustion and stress. Patchouli essential oil blends well with the following essential oils: Roman chamomile essential oil, German chamomile essential oil, myrrh essential oil, palo santo essential oil, sandalwood essential oil, grapefruit essential oil, lavender essential oil, ginger essential oil, bergamot essential oil, clary sage essential oil, and frankincense essential oil, among others.

Distillation Method: Steam distillation

Part of Plant: Leaves

Color: Deep golden-brown

Scent: Oil's rich, herbaceous, earthy, woody aroma

Chemical Group: Labiatae

Uses: You can use a blend of patchouli essential oil with other desirable essential oils to create a blend that can alleviate respiratory problems in pets. A good blend for your dog should consist of a few drops of patchouli essential oil and equal parts of Palmarosa, eucalyptus, and ravensara essential oils.

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How to Apply: Topical application, Diffusion

Hyssop Essential Oil

Hyssop essential oil is obtained from a bushy perennial plant that grows sixty inches high. The essential oil is extracted by steam distillation. The oil is clear to pale yellow in color. The fragrance is scented, spicy, and fresh. The oil contains phellandren, thujon, boneol, geraniol, pinen, and ketone. The essential oil blends well with rosemary, sage, and lavender. This oil's general physical effects include blood cleansing, heart tonic, regulating blood pressure, and expectorant.

Distillation Method: Steam distillation

Part of Plant: Flowering tops

Color: Clear to pale yellow

Scent: Medicinal herbaceous with camphoraceous overtones

Chemical Group: Lamiaceae

Uses: Used medicinally and aromatically in very small quantities for repelling insects from your pet.

How to Apply: Topical application

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Geranium Essential Oil

Geranium essential oil has a very pleasing, soft fragrance accompanied by a rose overtone. This makes it the most appropriate choice for adulterating distillations of Rose to stretch yield. Individually, geranium essential oil is highly resourceful and gentle, so it is a convenient oil for pet owners. The oil is predominantly made up of terpene alcohols, which clearly explains its strong antifungal and tonic effects. This is one of the many antifungal oils that are convenient to use in the treatment and prevention of fungal ear infections in pets, particularly in floppy-eared dogs.

Distillation Method: Steam distillation

Part of Plant: Flowers, leaves, stalks

Color: Yellowish green

Scent: Sweet, floral, rose-like

Chemical Group: Terpene alcohols

Uses: Geranium essential oil is a key part of any effective tick repellent; ticks are tenacious parasites, but the scent of geranium blended with other essential oils sends them away. Geranium essential oil can be used to create pesticide-free, safe, as well as eco-friendly tick repellents for dogs. You can use a blend of geranium oil and other essential oils to remove germs from your pet's body. When you brush your pet, make sure you dampen the bristles of your brush in a small basin of water containing three drops of lemon essential oil, three drops of orange essential oil, and a single drop of geranium essential oil. Squeeze a cloth in the blend and use it to wipe your pet's paws. Furthermore, if your pet has an infected bite, bathe it with water containing two drops of geranium oil. Use the following ingredients to prepare an anti-parasitic blend of thirty milliliters of water, two drops of lavender essential oil, and six drops of geranium essential oil.

How to Apply: Topical application and aromatherapy bath

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Cardamom Essential Oil

Cardamom essential oil is a popular oil known for its numerous health benefits. It has the following properties: aphrodisiac, protectant, antispasmodic, antiseptic, digestive stimulant, antimicrobial, astringent, laxative, and nerve tonic. Cardamom also has the ability to reduce nausea and neutralize chemotherapy's adverse effects. It can also be used to treat oral infections, to get rid of bad breath, clear colic, and clear bowels. It can blend with various essential oils such as cinnamon, cloves, cedar wood, bergamot, and orange essential oils.

Distillation Method: Steam Distillation

Part of Plant: Seeds

Color: Clear

Scent: Spicy, woody, rich, and sweet

Chemical group: Elettaria cardamomum

Uses: Cardamom essential oil can be used to treat digestion problems in pets, such as bowel disorders, flatulence, and other related stomach problems. Blending cardamom with lemon and orange essential oils can be used to increase your pet’s appetite. It can also be used to promote good circulation and to treat circulatory problems in your pet that arise due to nutritional deficiencies, infections and parasites. The best blend for promoting good circulation is a combination of cardamom, cypress, sweet basil, and frankincense essential oils. It is also effective in treating your pet’s emotional problems. Due to its sweet and spicy aroma, it uplifts and refreshes your pets mind. It also helps your pet to release negative emotions, providing a sense of relaxation. You can also use cardamom essential oil to eradicate

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bad breath in your pet. Your pet can achieve fresh breath by using a blend of cardamom, coriander and peppermint essential oils.

How to Apply: Inhalation and Diffusion

Cypress Essential Oil

Cypress essential oil is among the best oils for blending with other essential oils due to its woody aroma. It is considered to be versatile since it can blend in with other woody oils, all citrus oils and even mint oils. Some of these oils include: clary sage essential oil, lavender essential oil, pine essential oil, rosemary essential oil, bergamot essential oil, juniper essential oil, marjoram essential oil, sandalwood essential oil, and frankincense essential oil. Cypress essential oil has numerous properties that include the following: antiseptic, diuretic, vasoconstrictor, hemostatic, sedative, antispasmodic, respiratory tonic, hepatic, and astringent.

Distillation Method: Steam Distillation

Part of Plant: Needles

Color: Pale Yellow

Scent: Fresh, herbaceous, slightly woody, and evergreen

Chemical Group: Cupressaceae

Uses: You can use cypress oil on your pet to treat various conditions. Cardiovascular diseases affecting your pet can be managed by blending cypress with cardamom, sweet basil, and frankincense essential oils. This blend is essential in promoting good circulation for your pet. Cypress is also an effective insect repellent, and it can be used to repel fleas, spiders, and mice. This will ensure that your pet has a clean area

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in which to sleep and play. Cypress essential oil also helps in treating muscular issues such as strains, sprains, and twisted bones. You can also use the oil to soothe muscular cramps and pains on your pet, especially in those with arthritis or rheumatic pain.

How to Apply: Diffusion and topical application

Sandalwood Essential Oil

With medium to thick consistency, Sandalwood essential oil (*Santalum album*) is typically steam distilled. This volatile oil is found in the heartwood and the larger roots. Sandalwood essential oil has a clear to yellow color, and is a viscous liquid with a soft, sweet, woody, animal-balsamic aroma. Generally, the essential oil is known to boast a large number of health benefits. Sandalwood essential oil is well-recognized for supporting personal growth, providing spiritual inspiration, and manifesting peace in humans. The general properties of sandalwood essential oil include: stimulant, sedative, expectorant, diuretic, disinfectant, carminative, aphrodisiac, anti-inflammatory, antifungal, antidepressant, and antibacterial. The general common health concerns alleviated by this essential oil include: yeast infections, throat infections, skin disorders, dermatitis, colds and flu, bronchitis, asthma, and acne. The oil blends well with the following essential oils: clary sage, frankincense, lavender, patchouli, lemon, Roman chamomile, bergamot, myrrh, rosewood, ylang ylang, Neroli, palo santo, geranium, and rose.

Distillation Method: Steam distillation

Part of Plant: Wood

Color: Clear to yellow

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Scent: Sweet, woody aroma

Chemical Group: Santalaceae

Uses: In animals, particularly pets, sandalwood is used for calming and relaxing stressed dogs. As sandalwood essential oil has relaxing effects, it may potentially increase drowsiness when used in conjunction with sedatives.

How to apply: Though safe and normally non-irritating, sandalwood essential oil should be diluted before use. Add a single part of sandalwood essential oil to one part carrier oil for topical application.

Sweet Basil Essential Oil

Sweet basil essential oil is known for its warm, sweet, spicy aroma that is refreshing and uplifting. It is mainly used as a top note in order to add a fresh lift to any form of blend. It can blend with numerous oils such as lavender, clary sage, pine, rosemary, bergamot, neroli, cedarwood, ginger, verbena, grapefruit, lemon, geranium, orange sweet, palmarosa, frankincense, and peppermint. It is well known for its numerous therapeutic properties which are evident due to its chemical composition of linalool, methylcinnamate, limonene, and methylhavicol. These properties include the following: anti-venomous, digestive, nervine, cephalic, aphrodisiac, stimulant, tonic, sudorific, insecticide, febrifuge, stomachic, antidepressant, and antispasmodic.

Distillation Method: Steam Distillation

Part of Plant: Leaves and Flowers

Color: Clear

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Scent: Sweet, spicy, slightly camphorous, and herbaceous

Chemical Group: Lamiaceae

Uses: Sweet basil essential oil can be used to treat emotional issues in pets. Its sweet and spicy aroma is able to relieve fatigue and clear the pet's mind by promoting mental strength and clear thoughts. Sweet basil oil is also capable of eliminating other emotional problems like aggression and fear in pets. It is also essential for pets suffering from asthma, bronchitis, and other related pulmonary diseases. The oil is also effective in muscular and joint problems, such as arthritis, and can be used to relieve pain around the area. By blending it with cardamom, cypress and frankincense oils, you can use the blend to promote your pet’s circulation.

How to Apply: Diffusion and topical application

Coriander Essential Oil

Coriander is an annual as well as herbaceous plant that belongs to the family Apiaceae. This species is rich in linalool, and has significant use as an essential oil. Coriander essential oil has been used as an antispasmodic, anti-rheumatic, digestive, carminative, and analgesic agent. The oil blends well with the following essential oils: orange essential oil, Neroli essential oil, lemon essential oil, grapefruit essential oil, ginger essential oil, cardamom essential oil, peppermint essential oil, and bergamot essential oil. Generally, this essential oil has the ability to alleviate arthritis pain as well as rheumatism. As far as safety issues are concerned, there are no serious risks linked with this essential oil; however, you are advised to be careful when using this essential oil on pets, particularly cats. If possible, you should use the essential oil and its blends on dogs rather than cats.

Distillation Method: Steam Distillation

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Part of Plant: Seeds

Color: Pale Yellow

Scent: Sweet, herbaceous, spicy, woody, and slightly fruity

Chemical Group: Apiaceae

Uses: You can use the oil to enhance fresh breath for your pets. The simplest blend that you can make requires the following ingredients: eight ounces of fixed oil, four drops of peppermint oil, four drops of coriander oil, and eight drops of cardamom oil. You can also make an immune boosting blend by mixing the following: eight ounces of fixed oil, five drops of coriander oil, ten drops of tea tree oil, and five drops of eucalyptus oil.

How to Apply: Diffusion and Topical application

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Chapter Three

Unsafe Essential Oils

Anise Essential Oil

Anise essential oil is a volatile natural oil obtained by steam distillation from the dried ripe seeds of the herbaceous plant *Pimpinella anisum*. This is a colorless to pale yellow and strongly refractive liquid, with the characteristic aroma and taste of anise. Anise seed is utilized as a spice, either ground or whole. The American anise oil is obtained from the ripe seeds of *Pimpinella anisum* or star anise. Star anise is totally different; however, the oils extracted from the seeds of the individual plant have similar chemical composition. The general properties of anise essential oil include: stomachic, stimulant, expectorant, diuretic, digestive, carminative, aperitive, antispasmodic, antiseptic, and analgesic.

Distillation Method: Steam distillation

Part of Plant: Seeds

Color: Colorless to pale yellow

Scent: Characteristically fresh, sweet, licorice-like, spicy aroma

Chemical Group: Apiaceae

Uses: The anise essential oil is mainly used in cordial liqueurs, soups, confectionery, baked goods, and beverages. This essential oil has been used to alleviate gas pains as well as bloating. Traditionally, the oil is used in cough drops, rheumatism and colic. The oil is known to minimize pain severity along with duration during the menstrual cycle. The essential oil is significantly unsafe for hypersensitive skin, estrogen-dependent cancer, and endometriosis cancer. Medically, anise essential oil is

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supposed to be avoided as far as pregnant or nursing women are concerned. In animal aromatherapy, anise essential oil is generally considered unsafe.

How to Apply: Ingestion, diffusion

Clove Leaf Essential Oil

Clove leaf essential oil is obtained by steam distillation of clove leaves. When freshly distilled, the oil is very pale yellow, which rapidly darkens and turns brown with age. The oil has two major therapeutic properties, including antioxidant and digestive. It is also known for its immune boosting capabilities. Clove leaf essential oil has several specific organic effects that make it potentially unsafe for pets. To begin with, the oil can cause adverse skin reactions. In addition, the oil presents cardiovascular effects. Eugenol (a constituent of the oil) is a powerful inhibitor of platelet aggregation, which is a vital step in the blood clotting cascade. The oil must at all times be diluted with carrier oil, since it is a hot oil.

Distillation Method: Steam distillation

Part of Plant: Leaves

Color: Pale yellow

Scent: Warm, spicy, and sweet aroma

Chemical Group: Myrtaceae

Uses: General physical uses of the essential oil include the following: minor infections, dyspepsia, colic, bronchitis, asthma, colds, flu, nausea, rheumatism, ulcers, athlete's foot, burns, cuts, improvement of mental clarity, repels insects, and disinfection, among others. In human aromatherapy, the oil is used to indicate negative emotions and to reveal any possible damage to the energy field. The essential oil can also be used to curb nicotine cravings and to flavor natural cigars.

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You are advised not to use this essential oil on your pets. Generally, the oil can lead to skin irritation. The essential oil is not to be applied in the following situations: when using anti-coagulants, with prostate cancer, arthritis, hemophilia, or alcoholism. The oil's active chemical composition makes it a dangerous natural oil as far as pets are concerned.

How to Apply: Diffusion, topical application

Tea Tree Essential Oil

Tea Tree essential oil is extracted from the leaves and twigs of Tea tree through steam distillation. This essential oil is usually clear with a yellow tinge in color. It is widely known for its medicinal, woody, fresh, and herbaceous scent. It is known to boost the immune system and is topically applied, not ingested. It is also considered to be the best protective agent for the skin. It is among the most popular essential oils due to its numerous properties. These properties include: antiseptic, insecticide, expectorant, fungicide, antibacterial, stimulant, antiviral, balsamic, sudorific and antimicrobial. Its therapeutic properties are evident due to its chemical composition of limonene, cineole, linalool, terpinolene, sabinene, para cymene, and beta pinene. It blends well with various essential oils, such as clove, lavender, rosemary, rosewood, myrrh, cinnamon, clary sage, geranium, thyme, nutmeg, and lemon.

Distillation Method: Steam Distillation

Part of Plant: Leaves

Color: Clear with a yellow tinge

Scent: Herbaceous, fresh, woody, earthy, and medicinal aroma

Chemical Group: Myrtaceae

Uses: Tea tree essential oil has numerous general uses that include the following: whooping cough, itching, warts, acne, flu, colds, oily skin, migraine, sores, urethritis,

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chicken pox, cuts, athlete's foot, candida, cold sores, corns, insect bites, ringworm, sinusitis, and spots. Due to its anti-inflammatory property, Tea Tree oil can be used to alleviate muscular pain, sprains, and aches. As a precaution, you should know that the oil may cause rashes, diarrhea, stomach upset, blood cell abnormalities, general weakness, and vomiting.

How to Apply: Topical Application

Horseradish Essential Oil

Horseradish essential oil is a colorless to pale yellow natural oil which is steam or water distilled from the water logged roots of the plant called *Armoracia rusticana,* of the family Brassicaceae. The oil has a powerful, pungent, biting, sharp aroma, and its flavor is known to be strong, very sharp, and extremely hot. The plant's roots are edible; however, its leaves are usually ground and used as a condiment. The main elements of the oil include glycoside and sinigrin, accompanied by butyl, allyl, and isothiocynates. Horseradish essential oil's immediate impact of aroma as well as flavor is due to the conversion of sinigrin by myrosinase.

Distillation Method: Steam Distillation

Part of Plant: Water-logged roots

Color: Colorless to pale yellow

Scent: Sharp, potent, and biting aroma

Chemical Group: Brassicaceae

Uses: This essential oil is a good supplement for fatty foods. It can be used for beef, steaks, and venison. In Europe, the oil is used as a condiment with beets.

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Traditionally, the oil has been used to alleviate bronchial conditions along with urinary tract infections. The oil is applied externally as a counter irritant to treat rheumatism and inflammation. The general properties of this essential oil include: hyperemic, cytotoxic, spasmolytic, antimicrobial, and antioxidant. In aromatherapy, horseradish essential oil is not recommended for ingestion, since it contains allyl isothiocyanate. It allows existing enzymes to break down and produce allyl isothiocyanate, which is known to be irritating to the nose, sinuses, eyes, and skin. Therefore, this oil is generally unsafe for animal aromatherapy.

How to Apply: Topical application

Juniper Essential Oil

Juniper essential oil is a colorless to pale green natural oil with a fruity, green, and powerful aroma. The oil is obtained by steam distillation of the plant's ripe, dried berries. The general properties of this essential oil include: tonic, stimulant, diuretic, detoxifier, cleanser, astringent, antispasmodic, and antiseptic. Biblically, juniper was used to banish evil spirits. The oil blends well with the following essential oils: tea tree, lavender, geranium, cypress, all citrus oils, and bergamot.

Distillation Method: Steam Distillation

Part of Plant: Ripe dried berries

Color: Colorless to pale green

Scent: Fruity, green, and powerful

Chemical Group: Cupressaceae

Uses: Traditionally, the oil has been used for physical and spiritual purification, and to cleanse infections as well as to heal wounds. In addition, the oil has been used to alleviate arthritis and urinary tract infections. In aromatherapy, the oil cleanses the atmosphere and supports meditation. The essential oil is instrumental in detoxifying

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the blood and is a good aid during fasts. The oil acts as a disinfectant for bladder and ureter infections. The oil stimulates menstruation when used in a sitz bath or massage oil. This essential oil must not be taken for acute kidney infection. As much as the oil may have several aromatherapy uses, it is not safe for animal aromatherapy.

How to Apply: Topical application

Thyme Essential Oil

Thyme essential oil is a reddish brown to amber natural oil with a warm, herbaceous and slightly bitter aroma. The oil is obtained through steam distillation of leaves and flowering tips. The plant from which the oil is obtained is a perennial herbaceous shrub, which is commonly grown wild. The major constituent of the essential oil is thymol, which has antiseptic and fungicidal properties. Other constituents include phenols and carvacrol. The value of thyme oil relies greatly upon the phenol it contains.

Distillation Method: Steam Distillation

Part of Plant: Leaves and flowering tips

Color: Reddish brown to amber

Scent: Herbaceous and slightly bitter taste

Chemical Group: Labiatae

Uses: Thyme essential oil is recognized by most as a collective seasoning for cooking. The essential oil has valued cleansing as well as clarifying properties. The

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oil is also distinguished for its wide spectrum benefits for winter health, along with aromatic, topical, and dietary use. However, the essential oil is not highly recommended for use in animal aromatherapy.

How to Apply: Topical application

Wintergreen Essential Oil

Wintergreen essential oil is known for its pleasant, sweet, woody, creamy, fruity aroma. It is made through steam distillation of macerated wintergreen leaves. Its healing properties are evident due to its composition of methyl salicylate. It is also comprised of: limonene, a-pinene, delta 3-carene, delta cadinene, and 3,7 guaiadiene. It offers various therapeutic properties such as: antispasmodic, emenagogue, diuretic, analgesic, antiarthritic, stimulant, antiseptic, astringent, and antirheumatic. Wintergreen essential oil blends well with other essential oils such as mint essential oils, thyme essential oil, narcissus essential oil, oregano essential oil, marjoram essential oil, vanilla essential oil, and ylang ylang essential oil.

Distillation Method: Steam Distillation

Part of Plant: Leaves

Color: Pale Yellow

Scent: Sweet, creamy, fruity, fresh, penetrating, woody aroma

Chemical Group: Ericaceae

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Uses: In Wintergreen essential oil, a large percentage is made up of methyl salicylate which is essential for painful conditions such as arthritis, menstrual cramps, headache, nerve pain, and ovarian pain. It is also used to combat other conditions including digestion problems such as flatulence, stomachache, kidney problems, and lung conditions like asthma. Wintergreen should not be ingested since methyl salicylate is extremely toxic and may cause damage to internal organs. It should not be used by individuals who are hyper-reactive to salicylates, small children, pregnant women, epileptics, and nursing mothers.

How to Apply: Topical Application

Yarrow Essential Oil

Yarrow essential oil is a dark blue oil with a sweet, spicy, herbaceous aroma, and it is extracted via steam distillation. It offers health benefits due to its numerous therapeutic properties that include the following: anti-rheumatic, astringent, tonic, expectorant, antiseptic, stimulant, antibacterial, antifungal, antipyretic, anti-inflammatory, antispasmodic, carminative, and hypotensive. Its medicinal properties are evident due to its chemical components that include the following: camphene, borneol, tricyclene, a-pinene, limonene, sabinene, borneol acetate, b-pinene, 1,8-cineole, y-terpinene, and isoartemisia ketone. Yarrow essential oil blends well with oils of Cedar wood, verbena, angelica, and oak moss.

Distillation Method: Steam Distillation

Part of Plant: Flowers

Color: Dark Blue

Scent: Sweet, spicy, sharp, herbaceous, woody aroma

Chemical Group: Asteraceae

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Uses: Yarrow oil can be utilized to improve certain circulatory conditions including varicose veins and hemorrhoids. Yarrow essential oil can be used for irregular menstruation, cystitis, and menopausal problems. It can also be used for digestive problems such as colic, indigestion, cramps, constipation, flatulence, and any other infection attacking the digestive system. Individuals with skin conditions can also benefit from the oil since it can be used for scars, eczema, rashes, inflamed wounds, burns, and cuts. Yarrow essential oil can also help with promoting hair growth, combating stress related problems, insomnia, and getting rid of infections in the urinary system and reproductive organs. It should not be used by pregnant women, and prolonged use of Yarrow essential oil in high doses may result in neurotoxic effects, headaches, and skin irritation.

How to Apply: Topical application, Diffusion

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Chapter Four

Common Ailments

Fleas and Ticks
Essential oils are considered to be effective in repelling fleas and ticks, and are a great way to limit the amount of chemicals your pet is exposed to. It is wise to use caution though with some pets. Cats are considered to be sensitive to certain oils, such as citrus oils and pine oils. Limiting the use of essential oils on more sensitive pets like cats is important. Their metabolic systems are also considered to respond poorly. Some of the most effective essential oils for fleas and ticks include the following: lavender, peppermint, cedar, lemongrass, eucalyptus, citronella and pennyroyal essential oils. Lavender essential oil is termed as an all-purpose flea and tick repellent that is produced via steam distillation of its flowers. Lavender is applied on the skin and should be used in your pet's soap, lotions, and can also be sprayed on your pet and in its environment.

Lemongrass essential oil is made up of limonene compound which is considered to be effective in repelling ticks and fleas. The oil should be sprinkled around the pet's environment, including its bedding, cushions, and bowls. Lemongrass should not be applied directly on your pet's fur since it may cause skin reactions. One of the best blends to use for repelling fleas and ticks on your pet is a mixture of eucalyptus, peppermint, and clary sage essential oils. If using this blend on cats, do not include peppermint essential oil since it is made up of phenols and ketones that cats are more sensitive to than dogs. Another effective blend is a mixture of lavender, myrrh, geranium, and rosewood essential oils.

Car Ride Anxiety, Depression, Calming
Lavender is considered a universal oil that can be used in both its pure and diluted form. It is among the most versatile essential oils since it can be used for various ailments. You can use it for your pet in order to relieve anxiety, depression, and stress. Chamomile essential oil is known for its sweet, herbaceous, and fruity scent. The oil provides both soothing and relaxing properties, allowing it to relieve depression, tension, and stress in your pet.

YlangYlang has a sweet, soft, flowery fragrance that makes the oil useful in relieving stress and offering your pet a clearer mind. Ylang Ylang is widely known for its sedating and anti-depressant properties which make it essential for relieving depression in your pet. The above three oils can also be blended together for use in calming your pet. If you are using the blend for your cat, you should avoid Ylang

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Ylang essential oil since it contains phenols. Phenols are irritating to cats and when not used with enzymes, cats are unable to metabolize them, which may cause toxicity of the liver and kidneys. Lavender essential oil can be used alone to relieve car ride anxiety in your pet. You can spray the essential oil in your car or diffuse it in order for your pet to inhale it.

Car Sickness

Car sickness in pets arises in situations of simulated motion. It may also occur in the absence of real motion. Car sickness in pets can occur in situations where the regularities between your pet's self-motion and sensory feedback are disturbed, particularly when looking left-right reversing prisms. Motion sickness when driving with your pet may cause illness. The condition is usually accompanied by signs of abdominal salivation, nausea, and abdominal stress. Well, the good news is that you can effectively and conveniently curb car sickness by using pet aromatherapy, which involves the use of essential oils.

Lavender essential oil and peppermint essential oil can provide relief from car sickness. You can blend ten parts of lavender with one part of peppermint and diffuse the blend in your car. You can also simply put a few drops of either lavender or peppermint essential oil on a handkerchief, and hold it under your pet's nose. You should do this as a preventive measure for car sickness before embarking on your excursion with your pet, and repeat if symptoms of car sickness develop in your pet as you are traveling. Ginger essential oil can also help your dog avoid car sickness. Place a few drops of diluted ginger essential oil on a front paw, where the scent of the oil will stay close to your pet's nose.

Allergies

Allergies are known to occur in dogs more frequently than they did in the past. When thinking of allergies in pets, you should not think of a sneezing version as in humans. Allergies suffered by pets may include food allergies, contact allergies, and allergies to ticks and fleas. The allergies can potentially cause rashes, coat problems, and other undesirable conditions. Dietary allergies are among the most well-known allergies in dogs. The second popular allergy problem that is experienced by pets is contact allergy. These allergies emerge when your pet comes in contact with an allergen external to its body. A good example of a contact allergy is when you use a particular shampoo on your dog and its skin becomes irritated. This may be due to a given chemical in the shampoo that reacts with your dog's skin. Your pet can also suffer from flea bite dermatitis allergy; this allergy can cause very itchy skin.

The primary essential oils for controlling allergies in pets include: geranium, rosewood, lavender, Roman chamomile, bergamot, eucalyptus, cedar, and citronella. These essential oils need to be diluted effectively before applying. You can put a few drops of the oils in a spray bottle of water and shake well before diffusing for your

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pet. You can rub the diluted versions of the above essential oils onto a rope collar as a flea and tick repellant. However, most of these essential oils are known to be metabolized poorly by cats; therefore, they are not safe for cats. Instead you can use a hydrosol as a safer option for your cat.

Burns

Pets, like humans, are prone to burns. Most pet burns are characterized by charred skin or exposed underlying tissue. In most cases, one would prefer to consult immediate veterinary attention. However, you can treat minor burns over a small area using pet aromatherapy. The most probable causes of burns on your pet may be contact with hot objects, such as automobile exhaust pipes and prolonged contact with hot pavement or a hot road on a sunny day. How serious a burn is depends on how deep it goes into your pet's skin and tissue, and how big the affected area is. Basically, a superficial burn only affects the skin. You can possibly manage a superficial burn with essential oils, but deeper and more serious burns should be referred to the veterinarian.

The most useful essential oils for alleviating and treating burns in pets include lavender, geranium, eucalyptus, Helichrysum, Roman chamomile, German chamomile, peppermint, and ravensara. Lavender essential oil promotes exceptional healing of burns. All you need to do is mix witch-hazel and clean water in equal parts and add a few drops of lavender essential oil. Spray the blend on the affected area after shaking. You can use the individual oils, like German chamomile, after diluting to manage burns in pets. However, you are advised not to put any essential oils on a chemical burn, since the oil may react with the substance and worsen the burn.

Ulcers

The most common ulcers that your pet can suffer from are eye ulcers. An object in your pet's eye that is not pushed out with tears or removed by you may scratch your pet's eye surface and lead to ulcers. An ulcer may develop if the object digs deeper and worsen the sore. Lack of treatment may lead to infection and release of a yellow or green discharge, which may potentially damage your pet's vision. Mouth sores are also potential causes for ulcers. Mouth sores are common in dogs and cats that have associated illnesses, including diabetes or kidney failure. Pets with ulcers in their mouths will often drool and may also paw at their mouths. Your pet can also suffer from external cancer.

The most appropriate natural oils that you can use on your dog to alleviate ulcers include lavender essential oil, lemon essential oil, frankincense essential oil, myrrh essential oil, yarrow essential oil, and orange essential oil. Orange essential oil is one of the best individual remedies for mouth ulcers. All you need to do is give your pet

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a few drops of diluted orange essential oil. Place a few drops of diluted lemon essential oil on your pet's mouth ulcers to minimize pain and improve healing. Similarly, you can make eye drops by using diluted oils, such as orange and lemon, to manage eye ulcers. As far as cats are concerned, you should use hydrosols instead of other essential oil preparations to treat ulcers.

Arthritis, Joint & Muscle

Arthritis in pets can be defined as inflammation of one or more joints. You may also describe it as osteoarthritis or septic arthritis. You may also define it as irreversible deterioration of articular cartilage, which is more common in older pets; however, it may be visualized as post trauma in pets of any age. Large breeds as well as over-weight pets normally have higher incidences of suffering from joint and muscle problems. Usually, pets with arthritis are limited in their activities, due to pain; however, they still need to be active. In the event that your pet remains inactive, the muscle groups will shrink since they are not used. As the muscle groups in your pet shrink, your pet becomes weaker and more inactive, and you risk a cycle of inactivity.

You can effectively and conveniently manage your pet's arthritis through exercise and the use of pet aromatherapy. For arthritis in pets, use essential oils that are made up of analgesic and anti-inflammatory properties. The most recommended essential oils with these stated properties include: clove essential oil, wintergreen essential oil, ortho ease essential oil, Helichrysum essential oil, rosemary essential oil, peppermint essential oil, lavender essential oil, and balsam fir essential oil. You can massage one or two drops of any of the essential oils stated above onto the affected area appropriately.

Weight Loss

Weight loss in pets is clinically significant since it accounts for a considerable percentage of body mass deviating from ideal body condition. Weight loss in pets may result from dehydration or from true catabolic states. Weight loss, as far as pets are concerned, is a sign of a bigger problem rather than a diagnosis itself. With that said, you should know when to be concerned about your pet's weight loss. The time to be concerned is when your pet's weight loss exceeds 10% of normal body weight, and to be precise, if the loss is not caused by fluid loss. There are many causes of weight loss in pets, such as chronic illness. The major causes include but are not limited to: chronic infections of the bowel, inflammatory bowel disorder, poor calorie intake, and reduced appetite and palatability.

The most useful essential oils for controlling weight loss in pets are cardamom essential oil and spearmint essential oil. Cardamom helps to get your pet's appetite back to normal, avoiding weight loss due to lack of proper feeding. Spearmint essential oil, on the other hand, is a good remedy for weight loss and balancing of

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metabolism. The oil is an excellent resource when your pet is suffering from diarrhea, colic, and nausea. Spearmint essential oil is also useful for stimulating gall bladder function and treating gastrointestinal issues in cats. The best method of applying these oils is through diffusion or inhalation.

Ear Infections

In pets, ear infections are common, especially in dogs. Ear infections may cause the interior of your pet's ear to redden, become hot and swollen, and can lead to a very painful experience for your pet. Ear infections are known to lead to smelly ears and this is normally a sign that your pet is suffering from the condition. Most ear infections in pets are due to external objects and ear mites. A greater percentage of ear infections will affect basically the outer part of your pet's ear. The good news is that you can treat the infection at home using essential oils without necessarily having to incur veterinary costs. You should try as much as possible to treat the infection as soon as possible to prevent the infection from spreading.

Attend to your pet's ear infection while it is still mild. You can flush your pet's ear with a blend of ten drops of eucalyptus essential oil, ten drops of lemon essential oil, ten drops of rosemary essential oil, and four ounces of warm olive oil. Oregano essential oil is also a reliable choice for treating ear mites and ear infections. Make a blend of fifteen drops of oregano essential oil and one ounce of warm olive oil. Topically apply five drops of the blend to the ear by rubbing on the inside, outside and on the mastoid bone directly behind the ear. Caution, do not apply essential oils directly into the ear canal.

Skin and Coat Issues

Your pet's skin and coat are the most resourceful clues to determine its health. A healthy pet's coat should be even, and should have no patchy hair loss/thinning. Depending on your pet, healthy skin should have its natural color. The skin should be free of odors, dry, and pliable. Unhealthy skin will have excessive oiliness, sores, bumps, scales, and dandruff. You can easily note changes in your pet's coat by patting it on a regular basis. You need to pay close attention to the following areas, since they are the most troubled by skin and coat issues: the area over the knees and ankles, under the neck, groin, belly, anal area, and the area over the spine close to the tail. The various skin and coat problems include hot spots, paw problems, cuts and bites, accidents, and skunk encounters.

Essential oils are the most effective home remedies for treating skin and coat problems in pets. The most remarkable attribute of using essential oils on pets is that the oils do not harm the gloss of the pet's coat or dry the pet's skin. For insect bites, you will need to come up with the following blend: a mixture of eight ounces of distilled water, twenty drops of lavender oil, twenty drops of orange oil, and five drops of lemongrass oil. Use a spray bottle to sooth the affected areas. You can

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compress hot spots with yarrow, German chamomile, and lavender to relieve itching. You can conveniently groom your pet using oils, especially if the skin and coat are smelly. Use hydrosols when dealing with cats.

Wound Care

Wounds in pets are common, and bite wounds in particular can be quite problematic. Bite wounds may or may not be noticeable at the time they occur. Chances are that you may not see your pet receiving a bite wound from another pet in case of a fight or multiple insect bites. It is important that you check your pet's skin and coat carefully for any signs of puncture wounds, lacerations, or abrasions. Without proper wound care, even the smallest wound may become infected and turn into an abscess. You need to deal with your pet's wound while it is still mild to avoid veterinary costs, and to avoid greater risk to your pet.

To be able to take good care of your pet's wound without veterinary involvement, you need to check your pet for any signs. The best essential oils to use should have antimicrobial properties, and they may include: lavender essential oil, Helichrysum essential oil, Roman chamomile essential oil, myrrh essential oil, and Rosalina essential oil. These essential oils are resourceful for wounds, burns, and abscesses and you can use them topically. However, you should use a hydrosol with cats, since most of the oils mentioned above are not metabolized by cats. You can wash your pet's wound with 50% hydrosols and 50% hydrogen peroxide blend.

Asthma

Just like human beings, pets are susceptible to asthma and it occurs also due to irritants and allergens found in the pets environment. The most common asthma triggers in pets include: dust, grass, mold, mildew, air pollution, tree pollens, fireplace or cigarette smoke, car exhaust, chemical solutions like flea sprays, and room deodorizers. Finding asthma triggers in individual pets is difficult but you can avoid these triggers by keeping your pet away from all of them. In order to avoid regular visits to the vet, you can use essential oils to combat asthma in your pet. The safest time to use essential oils is between attacks, and you will want to ensure that the oils you use contain decongestive and antihistamine properties.

Essential oils with these properties include chamomile, peppermint (prevents the release of histamines), lavender, geranium (reduces bronchial spasms), frankincense, and rose (encourages deep breathing and allow your pets lungs to expand). These oils can be used in chest rubs for application. Lavender is known to be the most common and effective essential oil to use in pets with asthma. Lavender helps to open the airways and relax lung spasms, making the condition less severe. Lavender's aroma also relaxes your pet's mind which drives away the panic your pet feels during an attack. In order to obtain quick results, use lavender essential oil in a

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diffuser or humidifier for your pet to inhale. You can also blend lavender with other essential oils, such as peppermint and eucalyptus, to ease your pet's asthma attacks.

Inflammation

Inflammation is termed as a biological response of vascular tissues to harmful stimuli, such as irritants and pathogens. Pets may develop inflammation which enables their body to eliminate the cause of cell injury and to also clear out damaged tissues, initiating tissue repair. The main signs of inflammation are: heat, swelling, pain, loss of function/movement, and redness. Chronic inflammation may lead to development of other host conditions, such as cancer and arthritis. The best essential oils for inflammation are those with anti-inflammatory properties. Oils with this property include the following: peppermint essential oil, rosemary essential oil, lavender essential oil, frankincense essential oil, Myrrh essential oil, lemon essential oil and chamomile essential oil.

It has been proven that the above essential oils can have positive effects on pets, as far as inflammation is concerned. This is so, since the oils have biological and powerful anti-inflammatory compounds that are useful to pets. These oils are essential in reducing inflammation and they do not build up in your pet's system like drugs. You are required to apply the essential oil on your pet at the affected region but not around the eyes, genital areas, anal area, or nose. Topical application of essential oils also requires you to dilute them with a carrier oil, such as olive oil, grape seed oil, sunflower oil, sweet almond or coconut oil.

Diarrhea and Constipation

Diarrhea means that your pet has fallen victim to a virus, such as the parvo virus. Younger pets can get diarrhea if they are not vaccinated. As far as older pets are concerned, you need to observe your pet closely. There are several reasons as to why older pets contract diarrhea, and they include: switching of diet, feeding pets table scraps, and any unwanted object that may end up in the pet's mouth. The most common form of diarrhea in pets is acute diarrhea. As long as your pet acts normally and is playing, you can treat the condition using essential oils.

It is not that easy to tell when your pet is constipated. In fact, pets that are straining often have diarrhea. The only way to single out the difference is to take a close look at your pet. With constipation, your pet will have little to show. Constipation can make your pet very uncomfortable until it passes. For diarrhea and constipation, you can use the following oils: peppermint essential oil, eucalyptus essential oil, thyme essential oil, and chamomile essential oil. Simply make a blend of six drops of any of the above oil with a single teaspoon of carrier oil and diffuse for your pet. In addition, you can use frankincense and carrier oil and diffuse for your pet.

Urinary Incontinence

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Health problems with urine storage are indicated by inappropriate leakage of urine, normally caused by different disorders. The disorders may include injury to the urethra and other parts of the urinary system, failure of the muscles in the bladder to relax, or overflowing of the bladder. Urinary incontinence takes place when urine leaks during the times when your pet feels the urge to urinate, as opposed to urine which leaks when your pet is unaware of it. Urinary incontinence is normally caused by irritation of the bladder muscle that compulsorily expels urine.

Essential oils that are effective for treating as well as managing urinary incontinence and other urinary problems include: thyme essential oil, yarrow essential oil, sandalwood essential oil, patchouli essential oil, geranium essential oil, myrrh essential oil, Helichrysum essential oil, eucalyptus essential oil, clary sage essential oil, and bergamot essential oil. These essential oils are useful in preventing urinary incontinence and other infections of the urinary tract. The oils combine effective antibacterial and anti-inflammatory actions. You can effectively diffuse a blend of the oils or individual oils. You can also use a blend of the oils or single oil in a bath. You should use hydrosols when dealing with cats.

Knee Injuries

Injuries positioned at the knee are quite common and easily seen in pets. Knee injuries are instigated by tears in the skin above the front of the knee or from a fall on a hard surface. The symptoms are quite obvious when the knee is knocked on the front. When your pet jumps, chances are that there may be fluid enlargement of the joint. In serious occurrences, chips may be broken from one or more of the bones of the knee. Originally, your pet may be acutely lame. One of the most common injuries is cranial cruciate injury, which may be a knee or stifle injury. This injury is usually caused by sudden hyperextension of the joint. Common signs of danger include: chronic stiffness and limping, swelling knee joint and pain, and not being able to bear weight on the injured hind leg.

The most recommended therapy is resting, including physical therapy and some passive range of motion exercises. You can effectively and conveniently integrate the use of essential oils to hasten recovery. There are various essential oils that you can use for knee injuries, including lemongrass essential oil, ginger essential oil, eucalyptus essential oil, lavender essential oil, black pepper essential oil, and marjoram essential oil. You can mix one drop of lemongrass essential oil with four drops of vegetable oil, and gently massage the affected area. You can use a ginger essential oil hot compress or bath for joint stiffness. You can use a eucalyptus essential oil rub for swelling. A soothing blend is also recommended for knee injuries. You can also make a blend of lavender and marjoram for their analgesic and relaxing properties.

Weak Immune System

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The immune system is vital for your pet's general health. You can tell when your pet has a weak immune system if the pet's white blood cell count is repetitively low or the pet's globulins are constantly high. Lymphomas tend to appear in pets with weak immune systems; therefore, keeping your pet as clean as possible is more of a preventative measure. Weak immune systems in pets may be signified by the following: poor growth, tendency to recurrent infections, skin infections, lack of appetite, and lethargy. Weak immune systems are a congenital disorder; in most cases pets are born with the condition.

You can easily manage and correct a weak immune system in your pet by simply coming up with an immune boosting blend. The most effective blend should consist of five drops of eucalyptus essential oil, ten drops of tea tree essential oil, five drops of coriander essential oil, and eight ounces of fixed oil. Apply the blend through diffusion or inhalation. You can also diffuse a few drops of frankincense essential oil in a blend with fixed oil. This oil has been proven to be effective in cases of cancer in pets, since it is resourceful in the immune system and can reduce external ulcers and tumors.

Loss of Appetite

Loss of appetite is common in pets, particularly in dogs and cats. Varieties of illnesses in pets are known to suppress their appetites. Pets with reduced appetites are known to eat less and they are usually selective as far as meals are concerned. Loss of appetite may generally be characterized by the following: sudden weight loss, shortness of breath, distention of the abdomen, changes in the eyes, changes in organ size, pain, jaundice, pallor, fever, and inability to eat. The various illnesses that may make your pet lose appetite are neurological, endocrine, bone, gastrointestinal, respiratory, and autoimmune disorders. Other contributing factors include dietary and environmental changes and overwhelming stress. Associated conditions and disorders include: weakness, anemia, nutritional deficiencies, and loss of body muscle mass.

Essential oils are very effective in improving your pet's appetite; thus, avoiding all of the undesirable conditions of poor appetite. The most recommended oils include: orange essential oil, lemon essential oil, and cardamom essential oil. The following blend will effectively improve your pet's appetite: one drop of cardamom essential oil mixed with ten drops of lemon essential oil, nine drops of orange essential oil, and eight ounces of fixed oil. Diffuse the blend for your pet to inhale. Remember not to use essential oils in cats; instead, you should use hydrosols.

Grief

Pets just like humans do grieve as well, and they definitely need encouragement. The absence of someone familiar to a pet can be very distressing. When a pet realizes that his or her companion is no longer there, the life of that pet will be torn apart.

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Changes in pets can be radical. A dog or cat may constantly whine as he or she sniffs for the scent of a missing companion. When the grief is too much, a pet may withdraw from play or break its routine of doing things, such as adopting offensive toilet habits instead of the normal habits. Furthermore, a pet may begin to lose sleep and even refuse to eat.

Essential oils recommended for dealing with grief in pets include: rose essential oil, Melissa essential oil, Neroli essential oil, myrrh essential oil, marjoram essential oil, chamomile essential oil, and bergamot essential oil. There are several blends that you can diffuse for a pet in a state of grief. You can come up with a grief relief blend that consists of the following: four drops of Neroli oil, one half ounce of jojoba oil, two drops of Melissa oil, two drops of myrrh oil, and one drop of rose oil. You can come up with a bath blend for getting through grief: mix together three drops of cypress essential oil, one drop of marjoram essential oil, and two drops of bergamot essential oil.

Bad Breath

Bad breath, well-known as halitosis, is a condition in which your pet suffers from an odor producing bacteria. There are cases in which bad breath is caused by a foreign object in the pet's mouth. Dogs normally get objects stuck in their mouths since they are fond of chewing, including pieces of bones and broken sticks. Cats, on the other hand, tend to get string wrapped around the bases of their tongues. They can also have grass seeds penetrating their gums and tongues. The process of eliminating the foreign object from the mouth is challenging, and your pet may act frantic. The major signs may be a reluctance to eat and continuous bad breath.

There are various natural oils that you can use to alleviate your pet's bad breath, and they include: peppermint essential oil, clove essential oil, clary sage essential oil, lemon essential oil, and spearmint essential oil. You can add a few drops of peppermint essential oil or spearmint essential oil into a cup of distilled water and use the mixture as a mouth spray for your pet. You can come up with a rubbing paste by combining the following: two drops of peppermint essential oil, two drops of clove essential oil, and three tablespoons of baking soda. Use the paste to rub your pet's gums and teeth at least twice in every twenty four hours. However, you should be cautious when dealing with cats; hydrosols may be a better option instead of essential oils.

Flatulence

Flatulence is simply a state of too much gas in your pet's intestinal tract. The condition develops when bacteria in the digestive tract break down food and produce gas. Higher fiber levels can increase flatulence in pets. Flatus happens when gas passes through your pet's anus. The majority of the produced gas is usually odorless. Nevertheless, a small percentage that is made up of sulfur contributes greatly to the

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foul odor that can be produced. Your pet cannot help offending, since flatulence is a normal part of digestion. However, you can try to change diet, and use essential oils to lessen the unwanted olfactory surprises.

There are several essential oils that can be useful for alleviating flatulence in your pet, and they include: lemon essential oil, cardamom essential oil, nutmeg essential oil, peppermint essential oil, and lemongrass essential oil. Diffuse a few drops of peppermint essential oil to deal with digestive disorders, including flatulence and indigestion. You can also diffuse lemongrass essential oil to stimulate digestion while reducing flatulence. You can come up with a flatulence blend by combining the following: five drops of cardamom essential oil, five drops of nutmeg essential oil, five drops of lemon essential oil, and eight ounces of distilled water, and diffuse the blend for your pet to inhale.

Fatigue

Fatigue in pets can be caused by various disorders of various body systems. Fatigue is normally an issue for working pets and pets that compete in agility as well as high intensity activities. Fatigue is basically a normal consequence of exercise that is carried out at high intensity for prolonged durations. You should know that the described ability of your pet's muscles to produce force is a safety mechanism of its body. If fatigue does not occur and force your pet to stop, then the intense activity could cause structural damage to supportive tissues and muscle cells in your pet.

The best way to ensure that your pet (especially one that is involved in high intensity events) does not fall victim to fatigue is by engaging in proper feeding, the use of pet aromatherapy, and the use of proper hydration strategies. As far as fatigue is concerned, the following essential oils are recommended: Lavender essential oil for relieving tension, rosemary essential oil for lethargy, lemon essential oil for calming, peppermint essential oil for digestive disorders that may arise due to fatigue, and geranium essential oil for sluggishness. You can make a blend of the above oils by simply combining equal parts of the individual oils. The best application methods are inhalation and floating in a bath.

Hyperactivity

Hyperactivity in pets refers to a particularly high level of activity that does not respond to restraint. However, hyperactivity is rare in pets and it is different from over activity. Over active pets are highly energetic and active; nevertheless, over active pets are able to calm down. Young pets are logically excitable, and there will definitely be something abnormal if they are not. Hyperactivity of a pet, particularly a dog, is determined mostly by the breed. You cannot possibly adopt a hunting breed and keep him lying down around the house. He will without a doubt be hyperactive. There is less chance that your pet's diet may cause hyperactivity.

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You can conveniently use pet aromatherapy to manage a hyperactive pet. There are various essential oils that you can use for hyperactivity, and they include: lavender essential oil, Roman chamomile essential oil, rosewood essential oil, sandalwood essential oil, clary sage essential oil, thyme essential oil, ylang ylang essential oil, coriander essential oil, marjoram essential oil, and oregano essential oil. You can come up with a hyperactivity blend by combining the following: four drops of marjoram essential oil, six drops of ylang ylang essential oil, ten drops of lavender essential oil, and fifteen drops of clary sage essential oil. Diffuse the blend for your pet to inhale.

Insomnia

Insomnia in pets can assume different forms, including partial or total sleeplessness and short term or long term sleeplessness. Lack of sleep for your pet may lead to the following adverse effects: disruption of energy balance and disruption of immune defenses. In some cases, when insomnia is prolonged, the pet may experience functional disruptions which may lead to death. Pets may lack sleep if they are introduced into a new environment for the first time. For instance, a new dog in your home may be hectic for a few days with various episodes of insomnia, but you can still manage insomnia as far as your pet is concerned with the use of essential oils.

There are various natural oils that you can use to treat your pet's insomnia, and they include: lavender essential oil, yarrow essential oil, ylang ylang essential oil, vetiver essential oil, Roman chamomile essential oil, marjoram essential oil, and valerian essential oil. You can make a blend of equal parts of the above essential oils for managing insomnia. Diffuse the blend for your pet to inhale or you can add the blend in a bath. A few drops of lavender essential oil on the pillow of your pet can sooth anxiety as your pet sleeps.

Teeth Cleaning & Pain

Pets get almost every dental problem that you can possibly think about. One of the popular causes of bad breath in pets is dental problems. There are various objects, including food, that may require you to conduct full teeth cleaning for your pet. Dental plaque, which is formed by food particles, bacteria and saliva, builds up on your pet's teeth. If the teeth are not cleaned, this may lead into periodontal disease or gingivitis, causing pain and worsening the breath of your pet. Periodontal disease is the main cause of tooth loss in pets, and it is due to infection of the tissues in the pet's mouth. The best way to prevent this disease is by ensuring that your pet's teeth are cleaned effectively and regularly.

Essential oils that have proven to be effective in teeth cleaning and pain in pets include but are not limited to: frankincense essential oil, cardamom essential oil, Rosalina essential oil, Helichrysum essential oil, coriander essential oil, and peppermint essential oil. The best blend for teeth cleaning and managing pain

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requires you to mix the following: eight ounces of distilled water, four drops of peppermint, four drops of coriander, and eight drops of cardamom. Use a toothbrush sprayed with the blend to clean the teeth. Your pet's teeth should look white and the level of the gums should appear to be acceptable to the casual observer.

Separation Anxiety in Dogs and Cats

Separation anxiety is a common medical issue in pets, but is seen more often in dogs. However, you should know that an overly dependent, needy, and clingy cat may show signs of separation anxiety as well. You should not miss signs of separation anxiety, as dogs may tend to rip their environments to shreds and cats may tend to withdraw and become depressed. This problem is acquired rather than developmental. Separation anxiety may be related to a recent change in the household or social partner. Dogs to be precise are meant to be part of a pack. When left alone all day and isolated, your pet may find it difficult to accept the circumstances and may become extremely anxious. More symptoms may include: excessive licking, drooling, depression, diarrhea, vomiting, and lack of appetite.

The following natural oils are resourceful in managing separation anxiety in pets: Roman chamomile essential oil, ylang ylang essential oil, geranium essential oil, vetiver essential oil, marjoram essential oil, and orange essential oil. A good separation anxiety blend should consists of a mixture of eight ounces of fixed oil, five drops of Roman chamomile, five drops of ylang ylang, and five drops of geranium. The best way to apply this blend is through inhalation. You can also make a calming blend by combining eight ounces of fixed oil, five drops of orange, five drops of marjoram, and five drops of vetiver and apply through inhalation.

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Chapter Five

Enlightening Pet Stories

Cappuccino: Dilated Cardiomyopathy

"Our Saint Bernard, Cappuccino was diagnosed with dilated cardiomyopathy and heart arrhythmias at age 8-1/2. She was my son's retired Westminster show dog and was invited to compete at the prestigious show at Madison Square Garden in New York three times. She has also been inducted into the AKC Saint Bernard of America Hall of Fame for her exceptional scores as a competitive obedience dog and was also a certified therapy dog through Therapy Dogs International.

During our first visit to her cardiologist, who is considered by some to be the top canine cardiologist in the country, his prognosis for Cappuccino was grave. He said she might not live a week. The next day we took her to a highly trained and experienced Integrative Veterinarian who spent a great deal of time thoroughly examining her and prescribing a program of holistic medicines for her. He also felt her condition was very grave. I am forever grateful to both her cardiologist, who did a very complete work-up and exam and put her on the correct heart medications, and the integrative veterinarian who put together a program of holistic medicines to go along with her traditional ones. I believe without a doubt that these holistic medicines not only helped her heart but also protected her kidneys and liver from the toxic effects of traditional drugs, thus helping to extend her life and giving us an amazing 10 1/2 more months to spend with our sweet girl. Her story is a great example of how the combination of traditional and integrative medicine worked together to help Cappuccino."

Fay Chan Cho, D.D.S.
Source: http://ahvmf.org/index.php/component/content/article/39-stories/general1/202-cappucccino

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Miss Lola: Acupuncture and Paralysis

“Lola was a shelter dog. She was found when she was only 5 weeks old.

Last Tuesday, Lola lingered in the bed while my husband and I sleepily moved through our early morning routine of getting milk for our toddlers, who are identical twin boys. Lola's entrance into the room was preceded by somewhat of a spill onto our wood floor in the bedroom. We laughed to ourselves, "That crazy Lola! What is she up to now?" When she made it into the room, she didn't jump on the couch but laid down in a weird position. My husband went over to her and asked, "Are you okay, girl?" She tried to stand up, but fell onto her side. She kept trying to walk and failing and we were completely freaked out.

I quickly got dressed and drove to our integrative veterinarian. I knew the office would be jam packed and full as usual. People drive from all over the state to get into this office, but I had to get her seen right away.

The staff got us in and our veterinarian entered the room and sat on the floor with her as he started examining her. He shared the results of her neurological exam with us - Lola could feel one back paw, but the other, nothing. Her reflexes were weak. She could stand on 3 legs with support, but as soon as she would try to walk, Lola would fall. Neither of her back legs could hold her.

As our veterinarian explained our options, we were glad we had insurance. No matter what happened we could work out the expenses, so now we just had to decide on the best course for Lola. We talked about seeing a board certified neurological specialist and the possibility of needing surgery. We were leaving town the next day and this was so stressful. The doctors set up all the paper work and we notified the specialist so if she needed surgery, it would all be worked out.

We decided to try an integrative approach using injected cortisone, homeopathic medicines and acupuncture. This made sense to us and the surgery option was still available should she not respond.

Our integrative approach worked magic. I hesitate to use the word magic because when it comes to holistic medical therapies many think of it as exactly that - magic-something immeasurable, improbable and impossible to prove. Not true.

My dog had acupuncture. Yes, our "crazy Lola", our tenacious, rambunctious, sassy

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dog fell asleep when the last needle went into place. If you knew our dog, you would think that would be impossible. When I tell this to people who know Lola, I first tell them she had acupuncture. They look at me a little like, "Seriously? You think that works on a dog?" But when I tell them how she reacted, they see how powerful it must have been. She is also on some homeopathic remedies.

I don't know how it works, but it works. We watched her relax and improve each hour that first day. By the end of the first day Lola was standing and wobbling as she walked with the assistance of a sling. They did daily acupuncture for three days and she simply never looked back.

I will never be able to thank our integrative veterinarians and their staff enough for bringing our family member back to us. She didn't have to encounter any surgery-just a gentle, effective medical therapy.

And it worked.
We are forever grateful. We became One In A Million members of the Foundation today because Lola is One In A Million, our veterinarians are two in a million and we just have to support something as important as the work being done at the AHVM Foundation."
Source: http://ahvmf.org/index.php/component/content/article/40-stories/neurological/101-cute-with-hair-loss

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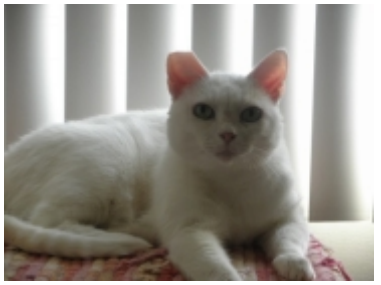

Dhyan: Cat with skin problems

The following is a testament to the successful treatment of chronic skin problems in a feline using integrative veterinary medicine.

“Dhyan is an 8 year old all white feline, a devoted lap cat and amazing acrobat who was originally thought to be feral, hence the tipped ear. She has been plagued over the last few years with a recurring skin condition that erupted as reddish, scabby, acne-like lesions on her face, ears and chin. These outbreaks seemed to be random, but also were exacerbated by seasonal changes. They were a common occurrence, to the point where she was never devoid of an outbreak and her beautiful face was always marred by these unflattering lesions.

Dhyan was examined by an integrative veterinarian in late January 2011 and placed on a regimen of whole food supplements and a homeopathic treatment plan. Within a few days, new eruptions began to subside, and when an eruption did occur it was much more subtle. The existing eruptions gradually started to fade and heal.

Dhyan’s initial treatment program lasted 3 months. She was retested and some adjustments in her remedies were made. She was given a new homeopathic remedy and two new supplements. She continued to progress but seemed a little stuck after a couple of months. At this point she was retested and her remedies were adjusted again. This time she had a leap of progress. Over the next couple of weeks the only occurrence of a skin eruption was a bit of minor chin acne that easily wiped away.

Dhyan’s treatments seem to have addressed some imbalances in her body and gotten to the root of the problem. She continues to progress on her current regimen and is maintaining with no further outbreaks.

The best part of Dhyan's progress is in her attitude. She not only appears happier, more energetic and vibrant, but her skin is now looking as radiant and beautiful as her two other white sisters, making it difficult to tell them apart. Due to the extensiveness of her lesions, she has some moderate scarring that is gradually resolving, but most of the scarring is completely gone and replaced with new, healthy fur growth.

Dhyan now showers her guardian with appreciation even more than usual in the way

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of hugs and head rubs. Dhyan's guardian is also happier as a result, knowing that this treatment process has been so successful. According to Dhyan's human, “It has been a joy to look at Dhyan’s radiant, beautiful face and see how much happier she is.”

Submitted by Alyx MacKenzie
Source: http://ahvmf.org/index.php/component/content/article/44-stories/allergies/71-dhyan-with-skin-allergies

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Animal Aromatherapy online resources

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Review

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Also check me out on social media. To be the first to know when my next book comes out and/or receive the latest news and tips on all things essential oils, diffusers and aromatherapy, please follow me on my Facebook page, and Mailing List Sign Up.
I hope to inspire you with amazing posts and content!

Scott, Susan (03/09/15). Essential Oils for Pets. Kindle Edition.

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Table of Contents

Introduction
History of Essential Oils and Aromatherapy in Animals
Chapter One
The Fundamentals of Essential Oils
What are Essential Oils and How Do They Work on Animals?
Buying Essential Oils – Quality Does Matter for Your Pet
The Art of Blending Essential Oils
Storing Essential Oils
Safety Precautions When Using Essential Oils on Pets
Chapter Two
Safe Essential Oils to Use
Lavender Essential Oil
Peppermint Essential Oil
Eucalyptus Essential Oil
Frankincense Essential Oil
Palo Santo Essential Oil
Rosemary Essential Oil
Orange Essential Oil
Cedarwood Essential Oil
Lemon Essential Oil
Ginger Essential Oil
Helichrysum Essential Oil
Niaouli Essential Oil
Roman Chamomile Essential Oil
German Chamomile Essential Oil
Valerian Essential Oil
Myrrh Essential Oil
Neroli Essential Oil
Grapefruit Essential Oil
Carrot Seed Essential Oil
Ylang Ylang Essential Oil
Clary Sage Essential Oil
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Plai Essential Oil
Rosalina Essential Oil
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Hyssop Essential Oil
Geranium Essential Oil
Cardamom Essential Oil
Cypress Essential Oil

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Sandalwood Essential Oil
Sweet Basil Essential Oil
Coriander Essential Oil
Chapter Three
Unsafe Essential Oils
Anise Essential Oil
Clove Leaf Essential Oil
Tea Tree Essential Oil
Horseradish Essential Oil
Juniper Essential Oil
Thyme Essential Oil
Wintergreen Essential Oil
Yarrow Essential Oil
Chapter Four
Common Ailments
Fleas and Ticks
Car Ride Anxiety, Depression, Calming
Car Sickness
Allergies
Burns
Ulcers
Arthritis, Joint & Muscle
Weight Loss
Ear Infections
Skin and Coat Issues
Wound Care
Asthma
Inflammation
Diarrhea and Constipation
Urinary Incontinence
Knee Injuries
Weak Immune System
Loss of Appetite
Grief
Bad Breath
Flatulence
Fatigue
Hyperactivity
Insomnia
Teeth Cleaning & Pain
Separation Anxiety in Dogs and Cats
Chapter Five
Resources

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Embrace Pet Insurance
Pets Best Insurance
Pet Insurance
References
Review

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Table of Contents

Introduction 8
History of Essential Oils and Aromatherapy in Animals 8
Chapter One 10
The Fundamentals of Essential Oils 10
What are Essential Oils and How Do They Work on Animals? 10
Buying Essential Oils – Quality Does Matter for Your Pet 10
The Art of Blending Essential Oils 11
Storing Essential Oils 11
Safety Precautions When Using Essential Oils on Pets 12
Chapter Two 14
Safe Essential Oils to Use 14
Lavender Essential Oil 14
Peppermint Essential Oil 16
Eucalyptus Essential Oil 17
Frankincense Essential Oil 18
Palo Santo Essential Oil 19
Rosemary Essential Oil 19
Orange Essential Oil 21
Cedarwood Essential Oil 22
Lemon Essential Oil 23
Ginger Essential Oil 24
Helichrysum Essential Oil 25
Niaouli Essential Oil 26
Roman Chamomile Essential Oil 27
German Chamomile Essential Oil 28
Valerian Essential Oil 29
Myrrh Essential Oil 30
Neroli Essential Oil 32
Grapefruit Essential Oil 33
Carrot Seed Essential Oil 34

Downloaded From Vet-eBooks.com

Ylang Ylang Essential Oil 35
Clary Sage Essential Oil 37
Marjoram Essential Oil 38
Plai Essential Oil 39
Rosalina Essential Oil 40
Patchouli Essential Oil 42
Hyssop Essential Oil 43
Geranium Essential Oil 44
Cardamom Essential Oil 45
Cypress Essential Oil 46
Sandalwood Essential Oil 47
Sweet Basil Essential Oil 48
Coriander Essential Oil 49
Chapter Three 51
Unsafe Essential Oils 51
Anise Essential Oil 51
Clove Leaf Essential Oil 52
Tea Tree Essential Oil 53
Horseradish Essential Oil 54
Juniper Essential Oil 55
Thyme Essential Oil 56
Wintergreen Essential Oil 57
Yarrow Essential Oil 58
Chapter Four 60
Common Ailments 60
Fleas and Ticks 60
Car Ride Anxiety, Depression, Calming 60
Car Sickness 61
Allergies 61
Burns 62
Ulcers 62
Arthritis, Joint & Muscle 63

Downloaded From Vet-eBooks.com

Weight Loss 63
Ear Infections 64
Skin and Coat Issues 64
Wound Care 65
Asthma 65
Inflammation 66
Diarrhea and Constipation 66
Urinary Incontinence 66
Knee Injuries 67
Weak Immune System 67
Loss of Appetite 68
Grief 68
Bad Breath 69
Flatulence 69
Fatigue 70
Hyperactivity 70
Insomnia 71
Teeth Cleaning & Pain 71
Separation Anxiety in Dogs and Cats 72
Chapter Five 73
Resources 78
Animal Aromatherapy online resources 78
Aromatherapy education 81
Healthy Paws Pet Insurance 83
Petplan 83
ASPCA Pet Insurance 83
Veterinary Pet Insurance (VPI) 83
Embrace Pet Insurance 83
Pets Best Insurance 83
Pet Insurance 84
References 85
Review 86

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