

Permission

Each animal is unique. Observe their behavior when using essential oils – They will let you know. When first starting out – get permission to use the oils from your dog by having them smell the oils. It's important that they like the smell. Always remember – Less is best.

Start with small amounts and increase the concentrations if the desired effect is not reached. It's difficult to remove an essential oil once it's been absorbed.

Maximum Dilution Ratios

Puppies 8 weeks and under or x small dog under 10 lbs. = 1-2 drops in 1 oz carrier

Small dogs 10 – 30lbs = 3-5 drops in 1 oz carrier

Medium dogs 30 – 50lbs = 8 drops in 1 oz carrier

Large dogs 50+lbs = 10 drops in 1 oz carrier

How to Use

Simply place oils and other products into the bottle, shake and you're ready to use, unless otherwise instructed.

- Diffusion - add a few drops to hot water/steam/humidifier. Spray into the air using a water mixture - shake before use. Add a drop to your pets' collar or bedding.
- Topical - Dilute with a carrier oil before applying topically. Carrier oils can be a fatty veg oil, aloe, water, witch hazel, heavy ointment for wounds.
- Direct application - place a drop of oil in a small bottle of lotion, rub your hands to together and massage. Either down the spine or whole-body massage. Try not to put it where your pet can lick it off.
- When mixed with a carrier oil - apply directly to the area of interest.
- Add one drop in their shampoo
- Always mix your single oils or blends with a carrier oil.

Essential Oils to Avoid

Cats

Cats are sensitive to essential oils that contain polyphenolic compounds because they interfere with their liver detoxification processes.

Birch, Cinnamon, Clove, Oregano, Tea Tree, Thyme, Wintergreen

Dogs

These oils can interfere with their natural body process.

Anise, Clove, Garlic, Horseradish, Juniper Thyme, Wintergreen, Yarrow

Precautions

- Dogs sense of smell is 50 – 100 time greater than yours. **LESS is BEST.**
- Do not put oils directly into the ears, eyes, nose or any other sensitive areas. Wipe the area with a few drops of a carrier oils – don't flush with water.
- Use wintergreen in small amounts due to its methyl salicylate content. Do not use wintergreen in dogs with bleeding disorders or epilepsy
- When using oils on your dog, make sure they are well hydrated.
- Observe your pet's behavior when using of diffusing essential oils. Discontinue use of an oil if your animal exhibits signs of distress, drools, squints, rubs their face, vocalizes, pants, has muscle tremors, starts shaking, vomits, has diarrhea or has skin irritation following an application of an oil.
- Don't panic if your pet has skin irritation or an adverse reaction. Most of these resolve within 24 hours after diluting the area with a carrier oil. Call your vet for any emergency.



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Essential Oils for Dogs & Cats

Essential oils can be beneficial for our pets. When used correctly and carefully, they can be used without negative side effects or unnatural additives.



Improving the Quality of your Life

Allergies

Oils Good for Allergies

Lavender, Frankincense, Myrrh

How to use

Add one drop of each oil, either by itself or combined, in a diffuser.

Allergy Recipe to help soothe itching skin due to seasonal allergies or reactions.

2 drops lavender

1 drop Frankincense

1 drop Myrrh

Place oils in a spray bottle (4oz), fill halfway with organic aloe juice and fill to the top with water. You will need to shake before each use. Spray on chest or affected area up to 8x daily. Safe to spray on paws. (try to keep them from licking)

Anxiety – We recommend a smell association with these oils to be most beneficial. Introduce these oils to your pet at a time when they feel safe and comfortable. Then use these oils before you need them for

Oils Good for Anxiety

Cedarwood, lavender, Myrrh, Peace & Calm Blend

How to use - add any combination of the above oils, no more than one drop per oil

Diffusion

Add to a diffuser in their space,

Add to a 4 oz spray bottle with water and spritz the air, their chest or back, and bedding.

Bedding – add a drop to your pets' collar or bedding.

Breath – Consistent bad breath could be a sign of other conditions.

Consult your vet should this be a continuing issue.

Oils Good for Breath

Myrrh, Peppermint, Basil

How to use

Spray once in dogs mouth twice daily, avoiding their eyes.

Breath Recipe

2 drops peppermint

1 drop basil

1 drop myrrh

Combine into a 4 oz spray bottle of water. Shake before each use.



What Can I do to Help?

Bugs – Mask the pheromones

Oils Good for Bugs

Cedarwood, Geranium, Marjoram, Peppermint, Lemon Repel

How to use

Spray on collars, bedding. Spray on pet before going outdoors. Try to spray where you pet cannot lick.

Recipes

Lemon Repel Blend – a ready to use blend for repelling bugs. Add a few drops to you hand and wipe down on chest and legs.

Bug Repel Recipe

10 drops lavender

10 drops geranium

5 drops cedarwood

5 drops basil

2 drops peppermint

1 Tbsp apple cider vinegar

8 oz Carrier oil (fractionated coconut oil is best)

Mix together and shake well. Spray on before going outdoors.

Depending, you may need to apply more than once.

This is good for you too!

Digestion

Oils Good for Digestion

Ginger, Peppermint

How to use

Massage in a circular motion over the abdomen and intestinal area.

Add a drop to your finger and swipe in their mouth.

Inhale – have your pet just inhale the peppermint.

Digestion Recipe

20 drops ginger

5 drops peppermint

4 oz carrier oil

Mix together. Apply to abdomen area and massage. 3 to 4 times a day.

Ears – To clean and sanitize

Oils Good for Ears

Geranium, Lavender, Frankincense, Basil

How to use

Spray on a clean cloth and wipe ears, morning and evening. Cleaning where you can and not inside the ear canal

Ear Recipe

10 – 15 drops lavender, 10 – 15 drops geranium, 10 drops basil, 5 drops frankincense, ½ tsp of rubbing alcohol, ½ tsp of fractionated coconut oil, 8 oz organic apple cider vinegar

Place oils in a bottle, fill with apple cider vinegar. Combine and shake. Spray a cloth and apply this to your dog's ears at least once a week to cure ear infection or at least once a month to prevent infections, especially to breeds who are prone to ear infections such as poodles, cocker spaniels and golden retrievers. If the ears are severely infected, dilute 2 – 3 drops of lavender in 4-6 drops of coconut oil. Dip a cotton ball to the mixture and mildly apply it to the swollen ear area. This will sooth the pain.



Joint | Pain – The act of massage in itself is good for pain

Oils Good for Joints or Pain

Ginger, Peppermint, Head Ease

How to use

Spray on and massage in. Try to keep them from licking the area.

Recipes

Head Ease is a ready to use blend for pain. Add a few drops to you fingers and massage in.

Joint Support

10 drops ginger

5 drops peppermint

5 drops frankincense (good for the skin)

4 oz Carrier oil (fractionated coconut oil is best)

Mix together. Massage the area of concern up to 4x daily.

Skin

Oils Good for Skin

Cedarwood, Lavender, Frankincense, Marjoram, Myrrh

How to use

Apply directly to the affected area – always mix with a carrier oil (olive, jojoba or fractionated coconut oil)

Dry Skin Recipe

Vit E capsule (bust open)

4 -5 drops Lavender

3 drops Frankincense

2 drops Myrrh

4 oz Carrier oil

Mix together. Apply directly to the affected area at least 2 times a day. This will decrease the itchiness and also calm your pet and help them sleep at night.

Wound Recipe

Vit E capsule (bust open)

4 -5 drops Lavender

3 drops Frankincense

2 drops Myrrh

Same blend as above, just mix together in a 4 oz spray bottle. Fill halfway with organic aloe juice and the rest with water. Spray on wound 2 times a day.