



ESSENTIAL OILS & PETS

TOP 10 ESSENTIAL OILS FOR PETS

WHAT ARE ESSENTIAL OILS?

Essential oils are aromatic compounds, pure extracts from plants. Nature's defense mechanism for plants and cells. Highly concentrated (50-70 times more powerful than herbs)

HOW DO I USE THEM?

Aromatically: Inhale, use diffuser, apply to collar.

Topically: Apply to chest, back of neck, and along spine.

Internally: Drop under the tongue or put in a capsule.

LAVENDER

Source: Flower

Primary Benefits: Soothes skin irritations, reduces anxious feelings, promotes peaceful sleep, helps ease feelings of tension

Uses: Apply a few drops to bedding. Add to castille soap as shampoo. Add to water and spray on hands, apply to coat.

FRANKINCENSE

Source: Resin

Primary Benefits: Supports healthy cellular function, promotes feelings of relaxation, reduces inflammation. Boosts effects of other oils.

Uses: King of Oils – when in doubt, pull your Frankincense out! Apply to spine or diffuse.

COPAIBA

Source: Resin

Primary Benefits: Reduces pain, inflammation and muscle cramps. Antimicrobial, antifungal and antiviral. Promotes emotional balance. Works with CBD2 receptors.

Uses: Diffuse. Apply a few drops to the spine and massage.



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CARDAMOM

Source: Seed

Primary Benefits: Supports healthy digestion , congestion and mental fatigue. Anti-inflammatory

Uses: Diffuse, add to water in a spray bottle and apply to litter box. Dilute and rub on tummy.

BALANCE BLEND

Ingredients: Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower essential oils in a base of Fractionated Coconut Oil.

Primary Benefits: Supports a balanced and grounded state of mind. Reduces anxiety and aggression.

Uses: Diffuse. Apply to spine and rub. Works well when blended with Serenity and Lavender.

SERENITY BLEND

Ingredients: Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood

Primary Benefits: Supports relaxation, sleep, reduces anxiety

Uses: Diffuse. Apply to bedding. Blend with Balance Blend and Copaiba. Apply to collar

TERRASHIELD

Ingredients: Fractionated Coconut Oil, Ylang Ylang Flower, Tamanu Seed, Nootka Wood, Cedarwood Wood, Catnip Plant, Lemon Eucalyptus Leaf, Litsea Fruit, Vanilla Bean Absolute, Arborvitae Wood

Primary Benefits: Acts as an effective, natural insect repellent

Uses: Diffuse. Apply to collar, allow 10 minutes and put on pet. Humans, spray directly on skin and clothing.



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JUNIPER BERRY

Source: Berry

Primary Benefits: Emotionally calming and grounding. Supports kidney and liver function, aids in digestion, cleansing and detoxifying.

Uses: Diffuse, add to water in a spray bottle and apply to litter box. Dilute and rub on tummy.

MYRRH

Source: Resin

Primary Benefits: Supports digestive system and stomach cramps. Supports oral health. Powerful cleansing agent for wounds and is excellent post surgical support. Anti-inflammatory. Aids against depression.

Uses: Diffuse. Apply to spine and rub. Works well with Frankincense and Copaiba.

GERANIUM

Source: Flower/Leaf

Primary Benefits: Aids in kidney and liver function. Hormone balancing. Regenerative and anti-hemorrhagic. Natural helminth and insect repellent.

Uses: Diffuse. Add to Terrashield. Dilute and add to wounds for cleaning and regeneration. Helps with separation anxiety in animals.

Disclaimer:

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are under a doctor's care, consult your physician before use. Sources: www.doterra.com doTERRA International 11/04/2016 Total Wellness Publishing, LLC. The Essential Life:2nd Edition. 2015. Aroma Tools. Modern Essentials: 7th Edition. 2015