



ESSENTIAL OILS FOR ANIMALS

Carrot Seed

Therapeutic Properties: Carminative (liver/gallbladder), diuretic, hepatic, regenerative (skin/wound healing, energy), stimulant

Body Systems: Digestive, integumentary, Lymphatic

Meridians: Liver/Gallbladder, Spleen

Emotional/Behavior: Anger, frustration, grief, exhaustion (physical and mental)

Roman Chamomile

Therapeutic Properties: Analgesic, antibacterial, antiseptic, antispasmodic, carminative, digestive, hepatic, nervine, tonic, vulnerary

Body Systems: Digestive, integumentary, musculoskeletal, nervous, urinary

Meridians: Bladder/Kidney, Heart, Stomach/Spleen, Liver/Gallbladder

Emotional/Behavior: Anxiety, fear, anger, aggression, frustration, worry, hyperactive energy, repetitive behavior, nightmares, mood imbalance, bossy/pushy, spooky/nervous

Clary Sage

Therapeutic Properties: Antidepressant, antispasmodic, deodorant, hypotensive, nervine, sedative, tonic, uterine

Body Systems: Reproductive, respiratory, lymphatic, urinary

Meridians: Bladder/Kidney, Heart, Lung, Conception Vessel

Emotional/Behavior: Anger, frustration, anxiety, depression, grief, sadness, worry, stress, energy and mood balance (hormonal), fear/trauma due to overbreeding/birth issues

Cypress

Therapeutic Properties: Antiseptic, astringent, deodorant, hemostatic, styptic, vulnerary, tonic

Body Systems: Immune, lymphatic, respiratory, urinary

Meridians: Bladder, Lung, Spleen, Governing Vessel

Emotional/Behavior: Grief, protection, (emotional/physical), guarded/hesitant energy

Frankincense

Therapeutic Properties: Antiseptic, astringent, cicatrizing, cytophylactic, vulnerary

Body Systems: Immune, Integumentary, Lymphatic, Respiratory

Meridians: Lung, Spleen, Governing Vessel

Emotional/Behavior: Fear, grief, sadness, protection (emotional/physical), emotional breathing (weezing/stress), depleted energy due to trauma/stress

Lavender (*lavendula augustifolia* only)

Therapeutic Properties: Analgesic, antibacterial, antidepressant, antiseptic, antispasmodic, cicatrizing, deodorant, diuretic, hypotensive, nervine, sedative, vulnerary

Meridians: All

Emotional/Behavior: Anxiety, fear, anger, aggression, grief, sadness, worry, hyperactive and hypersensitive energy, disturbed sleep and nightmares, repetitive behavior

Sweet Marjoram

Therapeutic Properties: Analgesic, antibacterial, antiseptic, antispasmodic, antiviral, carminative, digestive, diuretic, expectorant, hypotensive, nervine, sedative, vulnerary

Body Systems: Cardiovascular/circulatory, digestive, lymphatic, immune, musculoskeletal, nervous

Meridians: Heart, Stomach/Spleen, Governing Vessel

Emotional/Behavior: Anxiety, anger, frustration, grief, stress, tension, worry, hyperactive energy, guarded, sensitive

Neroli

Therapeutic Properties: Antidepressant, antibacterial, antiseptic, antispasmodic, carminative, deodorant, digestive

Body Systems: Cardiovascular, integumentary, nervous, digestive

Meridians: Heart, Kidney/Bladder, Stomach, Conception Vessel

Emotional/Behavior: Anxiety, fear, panic, anger, frustration, grief, sadness, hyperactive energy, shock/trauma, PTSD, repetitive behavior

Vetiver

Therapeutic Properties: antiseptic, nervine, sedative, tonic

Body Systems: Integumentary, nervous, reproductive

Meridians: Bladder/Kidney, Heart, Liver, Conception and Governing Vessels

Emotional/Behavior: Anxiety, fear, panic, anger, aggression, frustration, hyperactive energy, lack of focus, spooky/jumpy, protection

Citrus Essences: Bergamot, Grapefruit, Mandarin sweet orange (lemon and lime are phototoxic when applied topically. If using these, avoid sunlight for 12 hours)

Therapeutic Properties: Antidepressant, antibacterial, antimicrobial, antiseptic, antiviral, carminative, diuretic, disinfectant, hepatic, tonic, restorative

Body Systems: Digestive, immune, lymphatic, nervous

Meridians: Stomach/Spleen, Liver/Gallbladder, Heart, Governing Vessel

Emotional/Behavior: Anxiety, anger, frustration, sadness, grief, worry, focus, **travel anxiety (nausea)**, low energy due to trauma/stress, insecure, repetitive behavior

METHODS OF APPLICATION

Inhalation: apply 1 drop of essential oil on a cotton ball or scent strip. Place out of reach.

Topical massage and energy work: Apply diluted essential oil to your hands and work on the animal (see dilution guidelines)

DILUTION GUIDELINES

Inhalation: 1 drop of essential oil on a cotton ball or scent strip

Topical: 1-3 drops per ounce of carrier oil (use fractionated coconut oil only)

Bath: 1-2 drops per 4 ounce shampoo base

SAFETY GUIDELINES

Respect their sense of smell!

10,000 to 100,000 times greater than humans

Not all animals can tolerate the use of or exposure to essential oils

Avoid use with cats, birds, reptiles, fish tanks

Use caution with small mammals, young, elderly and fragile animals

Do not apply essential oils to nose, mouth/whiskers, eyes, ears or sensitive genital areas

Always dilute!

Diffusion of essential oils is not recommended for animals