

Calm Your Pet with These 3 Essential Oils

Contributed by Christa McCourt
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Animals are special because they live in the present and exude an air of happiness, innocence and unconditional love to their people. Our pets love us just as much as we love them. {mosgoogle right}

But, sometimes we meet and bond with a "crazy" animal!

For instance, the dog that has an irrational fear of rain and won't for the life of him go outside to potty during a rain shower. Or the cat who hides for hours when a friend comes over. Or, how about the dog with attachment issues that destroys the house while you're at work? Any of these sound familiar?

My two beautiful kitties, Max and Sammie, absolutely love to hang out on our screened in patio. But if the big bad garbage truck comes by, they run inside to hide until it leaves!

Your animals' fears might sound crazy to us, but they are completely real for your animal.

Using essential oils on your animals can really take the edge off of their anxiety, big time!

Animals have heightened senses and because of this, they respond very well to the use of essential oils. In the wild, animals know which plants will heal them. But, in captivity, they don't have access to healing plant life. Applying essential oils to our animal friends gives them the ability to heal their ailments and make life (in captivity) more tolerable.

The three best essential oils to calm your pets are:

Lavender, Roman Chamomile and Peace & Calming

These essential oils can be used to support your animal with; fear of rain and thunderstorms, separation anxiety, hyperactivity, trauma/abuse, depression, illness, trips to the vet's office, grief/loss of another family pet and any other situation that causes great stress for your animal, such as garbage trucks!

Please know that less is more when applying essential oils to animals. Animals are very sensitive.

Keep in mind that dilution of essential oils is required with animals. When applying essential oils to dogs and horses, you should dilute the essential oil in a drop of organic olive oil, found in most grocery stores. With cats it's a different story! For cats, I recommend diluting 1 part essential oil to 10 parts organic olive oil.

Please take caution when using essential oils with cats. Cats are extremely sensitive to essential oils and some essential oils are potentially dangerous for them. These oils include oregano and thyme, which are high in phenols. Cats can't effectively digest phenols because they lack the proper enzymes to digest phenols. Please avoid Peace & Calming with your feline friends as it does contain small amounts of phenols and also citrus oils, which cats don't like. But, Roman chamomile and lavender essential oils are very safe for use on cats.

How to use essential oils on pets:

To help calm your dog: Mix 1 drop of lavender, Roman chamomile or Peace & Calming essential oil with 1 drop of an organic olive oil. Then, rub this mixture into your dog's pads, ears or through the fur anytime he/she is having anxiety.

For calming horses: Mix 1 drop Lavender, Roman Chamomile or Peace & Calming essential oil with 1 drop carrier oil. Rub this mixture on your horse's muzzle, ears or cornet bands. Apply any time your horse is stressed.

To help calm your cat: Mix 1 drop of lavender, Roman chamomile or Peace & Calming essential oil with 10 drops of an organic olive oil. Then, rub this mixture into your cat's pads, ears or on their fur anytime he/she is having anxiety.

All of the essential oils listed in this article are excellent for human use, as well! Simply apply a drop or two (undiluted) to your wrists, behind your ears or on your shoulders.

The next time you open a bottle of lavender essential oil, try sharing some with your animal friends! They'll love it!

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The Article Author:

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