

# Tips for Using Essential Oils with Animals



It is important to understand what essential oils are if you are going to use them with animals.

Essential oils have a pleasant aroma, their chemical makeup is complex and benefits vast which makes them much more than something that smells good. They are volatile liquids distilled from various parts aromatic plants such as:

- Trees
- Shrubs
- Flowers
- Roots
- Bushes
- Seeds

A quality essential oil, safe for use with animals will have been expertly cultivated, harvested and steam distilled to preserve nature's living energy. These oils will not contain chemicals, additives or toxic ingredients nor will they be diluted with alcohol or other solvents. Young Living's essential oils are highly regarded, therapeutic-grade and time tested to know they are safe for use with animals. It is the only brand I recommend used with animals - period! They only contain the pure essence of the plant from organic and "wild crafted" plants, safe for ingestion, topical application and diffusion.

## Precautions & Tips

- Never put essential oils directly into the eyes or ear canal. If oil gets into the eye, dilute by adding a small amount of olive oil, Young Living's V-6 oil or grape-seed oil into the eye. Oil attracts oil and it will help neutralize the essential oil, where water may push the oil further into the eye socket causing more irritation.
- Breathe in slowly – allow the animal to come to the oil instead of put it directly under their nostrils.
- Less is better – start with small amounts and add more if you need it. Essential oils absorb into the skin and into the cells of the animal, therefore you cannot just wipe away excess.
- Hair follicles help with the absorption, so be cognizant of how much oil you are using.
- Photosensitive: Some oils, especially citrus based oils are photosensitive. Do not apply these to an animal prior to exposure to the sun or it could cause burns.
- Just because an essential oil is safe for humans to use does not mean it works the same way for an animal. They have a different physiological make up, metabolize differently and require different nutrients to function.



Essential oils are highly concentrated and if an animal has never been exposed to them it may take time to get used to them. This is another reason it is recommended to start slow. However, just because they turn their nose up at the oil or back away from it, doesn't mean the animal will not benefit from it. Be cautious and ask an expert that works specifically with oils and animals if you have questions about use, application and safety.



## **Animal Intuition** (previously Peace of Mind, Body & Soul)

Products and services to help maintain the health of animals: animal communication, canine/equine massage, aromatherapy using Young Living therapeutic-grade essential oils. For more information contact Jenny Gott, CMTA, (952) 484-4396, [info@animal-intuition.com](mailto:info@animal-intuition.com) or visit [www.animal-intuition.com](http://www.animal-intuition.com). Young Living # 925420.

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