

# An Integrative Plan – Essential for Every Horse!

## *Let's Start with Equine Massage*

An integrative wellness plan for a horse will help maintain their health, address issues naturally and optimize their performance and disposition. Peace of Mind, Body & Soul works with you to develop a custom program for your horse using a variety of therapeutic options based on the horse's needs:

- Equine massage therapy
- Energy work
- Acupressure
- Raindrop Technique®
- Aromatherapy
- Supplementation



You can learn how to apply some of these therapies on your own as well. For instance, you can easily be taught how to administer the Raindrop Technique®, which is an all natural immune boosting process using therapeutic-grade essential oils and a few massage strokes. Early spring before competitions and ride season begins is a perfect time to give your horse that extra immune stimulant.

Often equine massage therapy is used to start a preventative maintenance plan because it has many benefits and there are a variety of modalities that can be easily incorporated. Trigger-point therapy, Reiki, aromatherapy and acupressure can be done during a massage to provide a unique and beneficial experience for your horse.

### **How does massage help a horse?**

A horse will benefit from massage in many of the same ways we do, both physically and emotionally. Massage can be effectively utilized on equine athletes performing to their limits, those that have injuries or illness, under stress or tension and elderly horses. The best practice is to execute a preventative maintenance schedule with a three to six week rotation depending on the health and activity level of the horse. A horse can also be treated for an injury to expedite their recovery and then put on a maintenance program. There are many benefits a horse will realize from massage therapy:

- Improves circulation and promotes healing of injuries
- Relieves muscle spasms
- Secretes toxins
- Lubricates joints and can help ease arthritis
- Reduces stress and tension
- Increases range of motion
- Enhances muscle tone
- Promotes positive disposition
- Increases mental clarity required for training and performance



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### **Does a healthy horse in their prime really need massages?**

A horse is often pushed the hardest when in their prime and well conditioned, which is exactly when they will become most vulnerable to injury or illness. No matter how athletic and healthy the horse there is potential for injury, illness and stress points in the muscle will develop. Taking action using integrative therapies to break up the stress points in the tissue and will help deter issues.

Stress points develop in their body for various reasons – stress, fatigue, compensation from an injury, over use or improper use of their body. Stress points are micro-spasms involving only a few fibers within a muscle bundle. They feel like a spot of hardened, rigid tissue and on average vary in size from a small pea to the size of a quarter. When stress points go untreated, they can become inflamed, tender and could turn into a full blown muscle spasm or cause other health problems.

### **Won't massage be painful for the horse if injured?**



Direct contact to a swollen, tender or open wound will of course be painful. However, there are many tactics that can be used on the horse to help reduce pain, inflammation and increase circulation, which in turn will help the horse heal faster. However, there are some instances when massage is not appropriate including when the horse has a fever, contagious skin condition or when cancerous tumors are present. Always consult with your veterinarian and massage therapist to discuss your specific situation and circumstances. Once healed, the horse can switch back to their maintenance plan.

There is an integrative preventative maintenance plan right for your horse. Let Peace of Mind, Body & Soul help you design and execute it to help your horse's overall well-being.

#### ***About Peace of Mind, Body & Soul***

*Products and services to help maintain the health and wellness of animals and people through integrative methods including animal communication sessions and classes, equine massage therapy, Reiki, acupressure, Raindrop Technique<sup>®</sup>, Young Living therapeutic-grade essential oils, nutritional supplements & body care items. For more information contact: Jenny Gott, E.C.M.T., Peace of Mind, Body & Soul, (952) 484-4396, [Info@animal-intuition.com](mailto:Info@animal-intuition.com), [www.animal-intuition.com](http://www.animal-intuition.com), Young Living #925420.*