

Natural Solutions to Everyday Needs Make Great Holiday Gift Ideas!

If you are looking for natural, non-toxic options for better health and wellness for you and your horse, look no further! We've put together a few things from Young Living's therapeutic-grade products that can help with your everyday needs and would also be great gift ideas for the holidays. In addition, we'll discuss the benefits of having bodywork done on your horse.

For the Rider!

Deep Relief & Stress Away – need I say more? Every rider needs both, right? Get this gift set for any rider and they will surely appreciate you. All natural essential oils, blended together to help riders ease their muscle pain and release stress.

- Deep Relief comes in a convenient roll-on applicator that includes essential oils peppermint, helichrysm, lemon and wintergreen. The essential oils in Deep Relief have anti-inflammatory and analgesic properties to target sore, tired muscles or to soothe a headache. The roll-on makes it simple to use and easy to travel with – even at the barn.
- Stress Away has a spicy, yet calming aroma that includes ocotea (cinnamon family), lavender, lime and vanilla. It works great as an all natural perfume while helping you release stress and tension. This too comes in a handy roll-on.



Thieves waterless hand sanitizer, a non-toxic and carcinogen free option, will kill germs and fight the spread of disease and infection. Most waterless hand sanitizers contain polypropylene glycol, a known carcinogen. So, for a healthier option, give the Thieves waterless hand sanitizer a try. It's safer for you and for your horse or dog that might come in contact or lick your hands. It's great to keep in your tack box, vehicle or even in your pocket. There are travel sizes, perfect for stocking stuffers!

For the Horse & Rider!

We all get sore muscles and don't we wish we could prevent them, at least to some degree? Guess what? You can! Use Ortho Ease or Ortho Sport – it's a massage oil that helps prevent sore muscles and soothes those that are tired, injured or already sore. Apply it to areas of your body & your horse's body before you ride where you and your horse usually feel sore after riding. You'll both notice a difference. It can also be used in conjunction with massages.

It never fails that you get a cut or scrape and your horses will at one time or another. This is a tough area to find something truly all natural, but Animal Scents™ Ointment is all natural and works great at sealing and protecting wounds. It is blended with Melaleuca alternifolia and myrrh, two of nature's most powerful essential oils. It is a protective and soothing salve formulated for external use on animals. Typically used for minor skin irritations, cuts, and abrasions, the rich blend of ingredients is effective yet

gentle and safe, so you can soothe your pets without using harmful chemicals or synthetic products. Animal Scents Ointment works for people too and safe for children. Not sure this is a great gift?...Pair it up with the Rider's Relief or Thieves gift set. Your horse person will love it!

For the Horse!

A horse will benefit from massage and other forms of bodywork in many of the same ways we do as humans. Equine athletes performing to their limits, those that have had injuries or illness, under stress or tension and elderly horses can all gain from the experience of a therapeutic equine massage. The best practice is to incorporate a preventative maintenance schedule to help avoid injuries, but a horse can be treated after an injury has occurred to expedite the recovery process. Here are some benefits to having bodywork done on your horse:

- 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/performance



You now have some natural, non-toxic options for better health and wellness for you and your horse! These items from Young Living's therapeutic-grade products that can help with your everyday needs and would also be great gift ideas for the holidays. In addition, gift certificates are available for services, including massage, Reiki, acupuncture and Raindrop Technique by contacting Peace of Mind, Body & Soul.



About Peace of Mind, Body & Soul Products and services to help maintain the health and wellness of animals using integrative methods: animal communication, equine massage, Reiki, acupuncture, Raindrop Technique[®], Young Living therapeutic-grade essential oils, nutritional supplements & body care items. For more information contact Jenny Gott, E.C.M.T., at (952) 484-4396, Info@animal-intuition.com or visit www.animal-intuition.com.