

Aromatherapy for Animals

Aromatherapy is more than a pleasant smell. There are therapeutic reasons for incorporating in aromatherapy during a massage or at other times. It is not new, it was used in ancient times dating back to the beginning records of mankind. There are biblical references, medicinal uses, and were very common throughout history.

What is Aromatherapy?

Aromatherapy is the therapeutic use of plant-derived essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as part of a holistic and complimentary care treatment approach.

Essential oils are volatile liquids distilled from aromatic plants, including:

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

Only therapeutic-grade essential oils should be used with animals. These essential oils contain only the pure essence from the plant and not added chemicals, toxins and synthetic fragrance. Essential oils are expertly cultivated, harvested and steam distilled to preserve nature's living energy. The distinctive components in essential oils are a plants natural defense against insects, the environmental conditions and disease, therefore defining their use.

Aromatherapy can be used for:

- Anxiety
- Allergies
- Muscle aches and soreness
- Digestive issues
- Bone pain and arthritis
- Flea, tick & bug control
- Calming
- Respiratory conditions
- Autoimmune and other diseases
- Infection



Aromatherapy and Massage

Often aromatherapy is used in conjunction with massage to help alleviate symptoms and promote healing. When used in combination, the powerful effects can help a dog or horse regain strength, flexibility and a healthy mental state much faster. There are specific areas of the body that when triggered impact the various parts of an animal's physiology including organ function, immune, circulatory, digestive, reproductive and endocrine systems, their soft tissue and their mental and emotional well-being. In addition, adding essential oils to the body, ingesting them or inhaling them will have further impact.

For instance, there are anti-inflammatory techniques as well as essential oils that can be used to reduce swelling. There are analgesics, when applied topically reduce discomfort and allow a massage therapist to work an injured area without causing additional pain. Triggering acupressure points associated with digestive issues such as colic and administering an essential

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oil that stimulates the production of enzymes helps pull a horse recover quicker. These are just a few examples of how powerful these two modalities can work together for a stronger impact.

Someone using aromatherapy or performing animal massage on your dog or horse should be trained and understand the contraindications and precautions associated with them. If you have any questions please contact Peace of Mind, Body & Soul. These are great options to help an animal heal and maintain their health when used correctly.



About Peace of Mind, Body & Soul

Products and services to help maintain the health and wellness of animals and people using integrative methods: animal communication, canine and equine massage therapy, Reiki, acupressure, Raindrop Technique[®], aromatherapy using Young Living therapeutic-grade essential oils. For more information contact Jenny Gott, ECMT, (952) 484-4396, Info@animal-intuition.com or visit www.animal-intuition.com.