SAFETY FIRST -

- Just like humans, animals can benefit from dōTERRA® Essential Oils as well. Also like humans, there are some safety rules to follow:
  - NEVER apply oils in your pets eyes, nose, or on their genitals.
  - NEVER apply oils to the tips of long eared dogs as the oil can get into their eyes if they shake their head.
- IF SKIN IRRITATION OCCURS, add fractionated coconut oil or milk, not water!
- FRACTIONATED COCONUT OIL (FCO) should be used when diluting as it does not clog pores.

FEAR / NERVOUSNESS / STRESS / SEPARATION ANXIETY:

- Simply apply a few drops of Lavender essential oil to the pads of your pet’s feet, and apply a few drops of dōTERRA®’s Calming Blend to their stomach. Use FCO if needed.
- You can also diffuse a drop of Lavender and a drop of Calming Blend in your atomizing diffuser, just make sure the door is open so Fido can escape the smell if he desires to.
- A few drops of Lavender Essential Oil rubbed onto your pooch’s collar or harness can help relax not only the pup, but also everyone he/she comes in contact with. (Great for Service Animals!)
- A few drops of Vetiver rubbed onto Fido’s collar can help turn an unsure pooch into a confident, happy-go-lucky pup!
- Stressed pets are unhappy pets. This spray is my go-to for overwhelmed pets and should be applied to your pet’s bedding or back 15 minutes before a high stress activity: 20 drops Lavender, 10 drops Cedarwood, 5 drops Vetiver (Omit for Cats), 5 drops Frankincense, Top off with distilled water or FCO
- Great video on YouTube of Cesar Millan - The Dog Whisperer - using dōTERRA® lavender oil with an uneasy puppy. Check out the video below at the 2:50 minute mark to watch this oil in action. https://www.youtube.com/watch?v=kmdfkHgDRIE

CATS:

- Immune systems for kitties are particularly sensitive so please SAVE THIS INFORMATION.
- Known oils to avoid include all citrus oils, Melaleuca/Tea Tree, Thyme, Clove, Oregano, Wintergreen, Vetiver, Peppermint, Rosemary, White Fir, Cypress, and Roman Chamomile.
  - Keep in mind that blends may have these oils in them so always read the labels. Cats also have a keener sense of smell, so keep an exit route when diffusing and only use 3 drops in an atomizing diffuser. Make sure cats have a way to leave the room.
  - For other uses, dilute heavily. (Dilution amounts recommended for human infants are usually safe for cats.)
SEASONAL THREATS:
- This essential oil blend is perfect for 1-3 sprays along the spine or chest as needed:
  - Add the following to a 2oz. sprayer bottle: 10 drops Lavender, 10 drops Lemon (omit for cats), 5 drops Peppermint (omit for cats), 5 drops Frankincense, Top off with distilled water or FCO

RESPIRATORY SUPPORT:
- If your cat or dog is having trouble breathing (and has already been seen by the vet), try spraying this blend on the animals bedding or chest once or twice:
  - Add the following to a 2oz. sprayer bottle: 5 drops of Lemon (omit for cats), 5 drops Eucalyptus, 5 drops Peppermint (omit for cats), 5 drops of Cardamom, 5 drops of Arborvitae, Top off with distilled water or FCO
- Other oils for respiratory support: Eucalyptus, dōTERRA® Respiratory Blend, Lime, Thyme
  - If applying directly to your pooches paws, apply with dōTERRA®’s Grounding Blend 4-6 times a day as needed.

AGING / MEMORY –
- Does your pet suffer from mild memory problems associated with aging? Applying Frankincense to the back of their neck along with rubbing dōTERRA®’s Grounding Blend on their paw pads will help them feel at peace.

OUTDOORS / PROTECTION FROM PESTS –
- INSECT REPELLENT -
  - Add the following to a 16oz. sprayer bottle: 5 drops Lavender, 5 drops Cedarwood, 5 drops Geranium, 5 drops Arborvitae, 5 drops Eucalyptus, 1 Tbsp Apple Cider Vinegar, 1 drop Dish Soap, Top off with distilled water or FCO
  - Other oils for repellant support - TerraShield (mix 20 drops in 2 ounces of water and spray it on); Purify, Peppermint (omit for cats).
- NATURAL FLEA BATH - Add 2 drops Lemongrass and 2 drops Eucalyptus to pet-friendly shampoo. (Make sure you shampoo neck first as this keeps the fleas from running to Fido's head!)
  - TICKS - are attracted to dogs especially in certain seasons and areas. If your pet has a tick, you can help the tick release on its own by applying an undiluted drop of dōTERRA®’s Cleansing Blend directly on the tick. (Once removed, your vet may want to identify the tick and check for tick-carried diseases.)
  - MOSQUITOS / BUG BITES – A diluted drop of Cleansing Blend (Purify) will create a wagging tail.
doTERRA Essential Oils 101 for Pets - Class Notes
www.mydoterra.com/kristibleonard

SKIN ISSUES -

- **PET SHAMPOO** - Combine 1.25 cups of distilled water, 1 tbsp of Castile Soap, and 2 drops each of Peppermint, Eucalyptus, Lavender, Rosemary and Cedarwood essential oils into a glass bottle and shake.

- **ITCHING / SCRATCHING** – Spray as needed directly to the irritated area or rash, but please be careful of their eyes, nose, or genitals area.
  - Add the following to a 2oz. sprayer bottle: 5 drops Lavender, 5 drops Roman Chamomile (omit for cats), 5 drops Cardamom, 5 drops Arborvitae, Top off with distilled water or FCO

- **LUMPS/BUMPS ON SKIN** - A visit to the vet should be in check, along with this essential oil spray which can be applied directly to the lumpy area:
  - Add the following to a 2oz. sprayer bottle: 10 drops Frankincense, 5 drops Sandalwood, 5 drops Arborvitae, 5 drops Wild Orange (omit for cats), Top off with distilled water or FCO

- **CUTS / WOUNDS** - Pets who enjoy the outdoors will benefit from this essential oil blend for cuts which should be applied directly to the wound: 10 drops Frankincense, 10 drops Myrrh, 20 drops Lavender, 1 Tbsp Colloidal Silver, Top off with Organic Aloe Vera Juice

ACHY / OVERWORKED MUSCLES -

- After a strenuous activity like swimming or hiking, most dogs (and even cats) may benefit from soothed muscles. This spray should get their tail wagging after you massage it into possible achy areas:
  - Add the following to a 2oz. sprayer bottle: 5 drops Frankincense, 5 drops Myrrh, 5 drops Helichrysm, 5 drops Cypress, 5 drops Marjoram, 5 drops Peppermint (omit for cats), 1 Tbsp Organic Aloe Vera Juice, Top off with distilled water or FCO

CAR SICKNESS -

- Dilute two drops of Peppermint essential oil with Fractionated Coconut Oil and apply to their stomach. (This approach also works for humans who can apply it to their chest.) This is not recommended for cats.

ORAL HEALTH -

- **DOG BREATH** – Spray this mixture inside each side of their mouth once or twice a day.
  - Add the following to a 2oz. sprayer bottle: 10 drops of Protective Blend (On Guard), 10 drops Myrrh, 10 drops Peppermint (omit for cats), Top off with distilled water or FCO

- **TEETH** - Apply small amount to your pet’s toothbrush/ your finger and brush teeth.
  - 1 cup SVCO (Solid Virgin Coconut Oil), 10 drops Protective Blend, 3 drops Peppermint, 2 drops Frankincense, 1 Tablespoon Baking Soda
HORSES -

- When introducing a horse to a concentrated oil, pay attention to which nostril they use to sniff the bottle first. Their left nostril is connected to part of the brain that deals with emotions whereas the right nostril is connected to physical senses.

- **FLY SPRAY** - doTERRA’s TerraShield can be diffused barn-wide or diluted with 1 tablespoon of Fractionated Coconut Oil per each 3 drops and applied to the exterior of their ears and around their poll, along their spine (when turned out), at the base of the tail, along the neck, chest, belly, and legs. This also works to protect riders as well!

EARS –

- Pets who are regularly bathed or swim often are prone to occasional ear discomfort. If you suspect your dog or cat has any ear discomfort, blend 1 drop of Lavender, 1 drop of Roman Chamomile (omit for cats) with 1 teaspoon of Fractionated Coconut Oil. Dip a cotton swab into the mix and apply the blend to the inner and outer flap of the ear, not directly into the ear shaft.

DIGESTIVE SUPPORT -

- Hairballs, grass, bones... it’s all hard on a pet’s digestive system. Give them a little natural boost with a spray formulated for support digestion:
  - Add the following to a 4oz. sprayer bottle: 10 drops Ginger, 10 drops Peppermint (omit for cats), 5 drops Coriander, 5 drops Fennel, 5 drops Myrrh, Top off with distilled water or FCO

INTERNAL WORMS -

- A drop of Ginger and a drop of Lemon essential oil in Fido’s water bowl helps kill any internal worms while supporting his/her skin.

CARPET CLEANER –

- Mix 40+ drops Wild Orange oil into large box of baking soda. Sprinkle over carpet and work in with brush or hand. Let sit overnight and vacuum.

- In Steam Cleaner: Combine white vinegar, water, OnGuard blend and Lemon essential oil.