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Aromatherapy for Animals, Part 1: Healing Blends for Dogs

By Francoise Rapp

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The trend toward natural health consciousness in humans is gaining popularity in the animal world too. Many veterinarians are beginning to introduce natural therapies in their practice, including osteopathy, homeopathy, acupuncture, flower essences and more recently aromatherapy. It's just been a few years since aromatherapists and vets have begun to recognize how animals can benefit from this wonderful natural therapy.

For humans and animals alike, essential oils are powerfully antiseptic, detoxifying and revitalizing, thus increasing resistance to disease while strengthening the immune system. Essential oils can also be used to control pet odors and to purify the air from dust, dander and allergens. For example, mix 50 drops of lemon essential oil in a 2-oz spray bottle filled with water. Shake very well several times and spray the room. You'll notice immediately that it refreshes and cleanses the air!

But aromatherapy offers more than just fragrance. Their remarkable actions upon animals -- most notably dogs, cats and horses -- are immediate, profound and long-lasting, positively affecting their overall health and emotional well-being.

Today we will focus on recipes and tips for Fido. As faithful friends, dogs bring affection, pure joy and loyalty into our lives. Most breeds thrive in the outdoors, running and playing in the freedom of nature. In fact, dogs will naturally purge their system in the wilderness, carefully choosing specific plants their systems need, such as blackberries, raw carrots, etc. Now a domestic animal, most dogs have lost this natural instinct, and are becoming less resistant to illness in general.

Dogs have a predictable set of physical ailments that may occur during their life span. Today I'll share aromatherapy blends that will soothe and heal skin problems, remove and prevent fleas and ticks, relieve the pain of rheumatism and arthritis, revive energy and control pet odor.

Blend to Relieve Skin Problems

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Pour the following essential oils into a 10–ml bottle and fill with Calendula oil. Apply to afflicted area.

- 5 drops Lavender
- 6 drops Geranium

Blend to Relieve Itching

Pour the following essential oils into a 10–ml bottle and fill with Calendula oil. Apply to afflicted area.

- 4 drops Lavender
- 5 drops Geranium

- 3 drops Roman Chamomile

Blend to Combat Fleas

Fleas are nuisances for man and animal alike. This sinister pest hides within your pets' fur as well as in our carpets, parquet and window coverings.

Prepare the following blend by pouring the following ingredients into a 1–oz spray bottle:

- 7.5 ml Mint essential oil
- 22.5 ml rubbing alcohol

Fleas absolutely dislike mint! Spray the affected areas of your home. Don't forget your dog's bed. Spray directly onto your dog, holding the bottle about 10 inches from him. Avoid spraying on the head and eyes.

Blend to Combat Ticks

Check your home and pet for ticks – look in his bed, window coverings, walls, etc. Burn the ones you find to prevent them from coming back.

Prepare the following blend by pouring the essential oils into a 10–ml bottle and adding organic vegetable oil to fill.

- 10 drops Tea Tree
- 10 drops Lavender

Apply 1 drop of Lavender and 1 drop of Tea Tree undiluted essential oils before extracting ticks from your pet. This will disinfect the inflamed area. It may sting a little bit (as alcohol would) but it works great!

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Blend to Ease Rheumatism

Like humans, many dogs suffer from rheumatism as they age. Your veterinarian may treat him with specific medications or natural therapies. But locally, you can apply and massage the following blend in the morning and night to alleviate pain.

Prepare the following blend by pouring the essential oils into a 10–ml bottle and adding organic vegetable oil to fill.

- 8 drops Birch
- 8 drops Juniper
- 7 drops Rosemary

Blend to Ease Arthritis

As recommended by some veterinarians, soften your dog's bed to make it very cozy and warm. If your dog is an "outside" pet, allow him to sleep inside. A little moist heat, applied directly over painful joints, can be a great comfort to arthritic pets. Get him a warm sweater, or apply a moist heating pad. And massage the area twice a day with the following blend to soothe the pain away.

Prepare the following blend by pouring the essential oils into a 10–ml bottle and adding organic vegetable oil to fill.

- 12 drops Birch
- 8 drops Juniper
- 7 drops Rosemary

Blend to Boost His Energy

Prepare the following blend by pouring the essential oils into a 10–ml bottle and adding organic vegetable oil to fill. Massage the spine gently. Use in the mornings only.

- 5 drops Rosemary
- 6 drops Lavender
- 2 drops Peppermint

Blend to Control Pet Odor

Try this natural and aromatic spray. Pour the essential oils into a 1–oz spray bottle filled with water. Shake very vigorously several times before each use. Spray directly onto your dog, holding the bottle

about 10 inches from him. Avoid spraying on the head and eyes.

- 10 drops Lavender
- 10 drops Geranium
- 6 drops Lemon

In Good Health,
Francoise Rapp
<http://www.aromalchemy.com>

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Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit www.aromalchemy.com/education.

Stress–Relieving Holistic Blends for Dogs

By Francoise Rapp

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Happiness, sadness, anger, fear, love — emotions play a pivotal role in our lives. But are these types of feelings an integral part of an animal's world as well?

In the past, scientists questioned whether emotions affected the lives of animals. These days, however, emotional and spiritual health–consciousness has moved from being exclusively for humans and has advanced into the animal world. Now more than ever, veterinarians realize that aromatherapy offers more than just fragrance and provides immediate, profound and long–lasting results that may positively affect an animal's overall health and emotional well–being. Today, veterinarians are turning to osteopathy, homeopathy, acupuncture, flower essences and most recently aromatherapy, as holistic solutions to common ailments in animals.

Stress is one of the most common causes of physical illness in animals. While animals are sensitive to their physical and emotional environment, their reactions manifest in ways that must be interpreted correctly by humans in order to be properly diagnosed. For instance, leaving an animal alone for a long period of time, lack of sufficient affection, unhealthy food, an insufficient amount of exercise, the stress of owners, and abandonment are the most common causes of stress in animals and may lead to particular health problems such as fatigue, excessive itching or shedding, panting and even aggression.

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Dogs specifically are a bit more emotionally dependent on their owners and require more attention than do cats or other animals. They are in tune with our moods, and seem to show more difficulty in coping with emotional stress and loneliness. Hyperactivity, fatigue and other physical ailments can be interpreted as stress-related symptoms in dogs.

The following recipes are easy stress-reducing aromalchemistry blends for dogs. As faithful friends, dogs bring affection, pure joy and loyalty into our lives. Most breeds thrive in the outdoors, running and playing in the freedom of nature. Historically, dogs have been able naturally purge their system of illness in the wilderness, by carefully choosing specific plants their systems need, such as blackberries, raw carrots, etc. Now a domestic animal, most dogs have lost this natural instinct, and are becoming less resistant to illness, yet still face the daily causes of stress.

**We do hope that these recipes help alleviate some of the common stress-related symptoms your loving pet may be experiencing. Beyond these aromatherapy blends, flower essences have been found to be helpful holistic remedies for animals as well. Be sure to consult your veterinarian if stress-related symptoms persist in your pet.

Blend to Relieve Emotional Stress

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.

Repeat as necessary.

- 6 drops of Lavender
- 1 drop of Neroli
- 4 drops of Marjoram

Blend to Relieve Anxiety & Loneliness

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.

Repeat as necessary.

- 1 drop of Rose otto
- 5 drops of Cypress
- 5 drops of Marjoram

Blend to Reduce Nervousness & Hyperactivity

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.

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Repeat as necessary.

- 6 drops of Lavender
- 2 drops of Roman Chamomile
- 4 drops of Petitgrain

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Learn more about the essential oils used in these blends:

====><http://www.aromalchemy.com/aromatherapy/ouoils.html>

Or purchase our starter's kit, Aromatherapy for Animals, here:

====><http://www.aromalchemy.com/aromatherapy/starterskits.html>

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Stay tuned for these upcoming articles in this series, "Aromatherapy For Animals:"

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(c) Francoise Rapp, 2002. Internationally renowned aromatherapist and alchemist, Francoise Rapp, shares her expertise in using essential oils to heal and revitalize body and mind at <http://www.aromalchemy.com>. Highlights include aromatherapy classes, pure & organic essential oils, recipes and aromatic treatments for health and wellness, and a free weekly newsletter. Discover the power of aromatherapy today at <http://www.aromalchemy.com>!

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