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**Aromatherapy for Animals, Part 3: Holistic Blends for Cats**

**By Francoise Rapp**

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As a continuation of our series on aromatherapy for animals, this article describes how to utilize essential oils safely and effectively for the health of your cat. For previous installations in this series, please review our article archive at <http://www.aromalchemy.com/education/archives.html>.

Many French aromathispists, including Nelly Grosjean, have researched and published their findings about how to safely use essential oils with animals. I have personally experienced great healing results using essential oils for my own cat, as well as with other animals.

Essential oils are not harmful for anyone as long as you know how and which ones to use. When using aromatherapy for your dog, cat or other animals, only use a minute amount of the recommended oils and do not use them directly on the skin.

For further information on using aromatherapy blends safely with your animals, please read: "Nelly Grosjean – Veterinarian Aromatherapy," available at both Amazon.com and BarnesAndNoble.com.

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Cats are inherently instinctive, independent and agile creatures. They are notorious for chasing almost anything and eating mice, birds and other small animals. Cats also love roaming and playing, and often fight to protect their territory.

Urban cats and country cats are quite different. Country cats are generally tough while city kitties tend to show more weakness in their immune, pulmonary and digestive systems. Appropriate food choices according to their environment plays a major role in the well-being of diverse cats.

A third category, indoor cats, has specific needs as well. Indoor cats often live comfortably and don't have the opportunity to experience the fun and frolic of the outdoors. Owners of indoor cats should pay close attention to providing a healthy diet and playing with their feline

friend as often as possible to help him get in touch with his natural state.

Here are few tips veterinarians often suggest to keep your dear friend healthy:

\* Do not overfeed your cat with "people" food, such as milk, cheese, etc. Invest in a quality brand and pay close attention to the ingredients. Preferably go to a pet store to find the highest quality food.

\* Do not feed your cat only canned food. Canned food alone causes fatigue and does not provide a sufficient amount of nutrients. Most vets will recommend a diet of both canned and dry food.

\* If you own an outdoor cat, allow him or her to hunt. Cats truly enjoy this experience and it is an excellent source for exercise as well.

\* Always provide your cat with lots of attention and love. Set aside time to play and cuddle with the special kitty in your life.

\* Brush your cat once a week with a brush designed specially for your cat's size and fur type. This disperses the furs natural oil and creates shine.

\* If your cat has dandruff be sure to shampoo him every few months with an unscented baby shampoo and/or visit a professional.

\* If you own an indoor cat, be sure to manicure his claws on a regular basis.

\* Mineral supplements are wonderful for cats. You can find cat-specific supplements in natural food or pet stores. Be sure to always follow the advice of your veterinarian.

\* Keep your cat comfy with his own soft and warm "cat bed."

\* For a healthful and lengthy life, always keep up with vaccinations.

The following holistic aromatherapy recipes will complete your cat's healthy living regime. Please note, you should NOT spray directly on the cat, but rather a bit on his bed or around the cat in order to create a fine mist. Just one time spray is enough. Be sure to follow the specific use instructions listed immediately after the ingredients for each blend.

\*\*\*\*\*

Deter Household Fleas

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15 drops of Peppermint

Pour the essential oil into a 30 ml spritzer bottle filled with water. Spray the bed and all other infected areas.

\* Use a special flea treatment recommended by your veterinary to treat your cat himself.

\*\*\*\*\*

Control Cat Odor

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- 10 ml of Lemon
- 5ml of Lavender
- 5ml of Pine

Pour the essential oils into a 30 ml spritzer filled with water. Spray around the house regularly and on infected areas. This blend works especially well for urine odor.

\*\*\*\*\*

Ease Coughs, Coriza, Typhus

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- 5 ml of Eucalyptus
- 5 ml of Pine
- 1 ml of Tea Tree

Pour the essential oils into a 30 ml spritzer filled with water. Gently spray your cat and then around the apartment or house. The therapeutic mist will help strengthen your cat's immune system, heal existing ailments and purify the air.

\*\*\*\*\*

Combat Lethargy

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- 4 drops of Rosemary
- 5 drops of Lavender

Pour the essential oils into a 10 ml bottle and then add organic vegetable oil to fill. Anoint the spine of your cat and then pour a few drops into the palm of your hands. Place your hand under your cat's nose and allow him to breathe in the aroma.

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To order what you need to create these blends yourself, visit  
<http://www.aromalchemy.com/aromatherapy/ouroils.html>

To order these aromatic blends ready-to-use and have them delivered to your doorstep, visit  
<http://www.aromalchemy.com/aromatherapy/featured.html>

To order your "Aromatherapy for Animals Starter's Kit" visit  
<http://aromalchemy.com/aromatherapy/starterskits.html>

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In Good Health,  
Francoise Rapp

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(c) Françoise Rapp, 2002. Internationally renowned aromatherapist and alchemist, Françoise 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>!

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](http://www.aromalchemy.com/education).

## **Holistic Aromatherapy for Cats**

**By Françoise Rapp**

### **Holistic Aromatherapy for Cats by Françoise Rapp**

Most any cat owner will tell you their feline friends are capable of conveying emotion. In fact, they may even say they can recognize and distinguish specific emotions their cats display, including love, anger, illness, annoyance and more.

Scientific experiments on both humans and animals indicate that emotional responses are triggered by physical stimuli. Considering that cats have sensory systems that are much more sensitive than the human senses of sight, smell, sound, taste and touch, there's no question that our pets' environments are so closely linked to their states of mind.

Unlike humans, cats do not have the conscious ability to integrate, process and grow from their emotional experiences. Instead, cats will react, take in and indicate their emotions, but are not able to process their imbalances like we can.

This explains why a healthy emotional environment is vital for cats, as well as for all animals. A healthy cat must be afforded enough space, love, and attention if he is to thrive. But foremost, and frequently overlooked, is a peaceful home environment. Cats are extremely sensitive to stress, and living in a home with arguments, negative energies or tension will affect his emotional well-being and health.

Today I will share aromatherapy recipes to treat common emotional issues your cat may be facing, including stress, loneliness, grief and separation anxiety/abandonment.

**\*\*\*IMPORTANT!\*\*\***

Animals respond very well to flower essences and essential oils. They are very gentle and safe methods of treating emotional imbalances or stress-related symptoms. But please remember that animals are very sensitive and only require a minute dosage of essential oils. Avoid any sensitive areas, such as the head, eyes, ears and mouth. Pour a few drops of these aromatic blends into the palm of your hands and very gently pat your cat along the spine.

Prepare these aromatic blends by pouring the essential oils into a 10ml bottle, then adding an organic vegetable oil to fill.

\*\*\*\*\*

### Relieve Stress

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Have you recently moved, taken in another pet, had a baby? Changes like these can be stressful for you as well as your pet. Try this aromatic blend to relieve your cat's stress.

- 3 drops Lavender
- 1 drop Neroli

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### Combat Loneliness

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Do you work outside the home or travel frequently? In spite of their independent nature, cats long for company and affection. Use this aromatic blend to help your cat combat bouts of loneliness.

- 4 drops Marjoram
- 1 drop Rose

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### Grief/Loss of a Companion

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If you recently experienced the loss of a pet or other family member, your cat is likely grieving with you. This aromatic blend can help your pet deal with feelings of grief and loss.

- 1 drop Rose
- 3 drops Lavender

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### Separation Anxiety/Abandonment

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Will you be taking a summer vacation without your pet? Use this aromatic blend to help your cat adjust to his separation from you.

- 2 drops Roman Chamomile
- 3 drops Lavender

Order what you need to create these blends yourself now:

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

For more information about flower essences and holistic care for animals, visit these links:

## Aromatherapy for Animals, Part 3: Holistic Blends for Cats

AnaFlora Animal Communication & Flower Essences

====> <http://www.anaflora.com/index.htm>

Master's Flower Essences, Pets and Animals

====> <http://masterssences.com/7Pets.html>

Holistic Health Care for Animals

====> <http://www.specialneedspets.org/holistic.htm>

In Good Health,

Francoise Rapp

<http://www.AromAlchemy.com>

(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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