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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Holistic Aromatherapy for Cats**

**By Francoise Rapp**

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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.

## Holistic Aromatherapy for Cats

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

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### 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:

AnaFlora Animal Communication & Flower Essences

====> <http://www.anaflorea.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>

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

### **The Benefits Of Aromatherapy**

**By Jeff Minter**

While the term aromatherapy is sometimes misused to refer to many fragranced products, aromatherapy in the hands of a trained professional is a therapeutic technique using essential oils to promote health and well-being. Aromatherapy can increase energy, trigger relaxation, and reduce stress. Professional aromatherapy is part of the larger field of holistic medicine. Many aromatherapists are also herbalists.

Essential oils, which are the basis of aromatherapy, are highly concentrated derivatives of herbs and flowers. They contain the essence of the plants from which they come. In contrast, perfumed oils and fragranced oils are often synthesized from the plants, created in labs, or diluted.

A holistic approach means that a therapy deals with body, mind and spirit (energy). Only about five percent of essential oils available today are used in aromatherapy, and there are 10 to 15 that are the most commonly used. With few exceptions, essential oils should not be applied to the skin; they are best inhaled. Their aroma does the work.

To use essential oils for aromatherapy, only a few drops are needed. Common ways of dispensing aromatherapy oils are in a vaporizer, on a sachet, in potpourri, in bathwater, or in a lightbulb ring. While

candles may emit fragrances thought to be therapeutic, they rarely contain actual essential oils.

Here are some of the typical uses and essences of aromatherapy. Bergamot is said to ease depression and anxiety (be careful if you put it in bathwater because it will temporarily make your skin more sensitive to sunlight). Chamomile is for alleviating insomnia and restlessness. Jasmine supposedly restores confidence and decreases apathy. Lemon is a stimulant that is said to improve memory and concentration. Lavender relieves stress and depression and enhances relaxation. Peppermint helps to eliminate fatigue. Both rose and jasmine are said to have aphrodisiac properties as well. Sandalwood helps to offset stress.



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