



Love Your Horse
By Using
Only 100% Certified Pure
Therapeutic Grade Essential Oils



CONTENT

About Essential Oils for Horses	5
Always Test the Horse first	6
Fractionated Coconut Oil	6
Inhalation	7
Dilutions	7
Internal Use	7
Placement of Essential Oils	8
Blending Essential Oils	8
Cleansing Process	8
List of Cautions	9
Essential Oils	10-11
Guidelines for using Essential Oils with Horses	13
Abscesses—Hoof	13
Allergies	13
Antibiotic	14
Anxiety/ Separation Anxiety	14
Arthritic Joints	14
Bacterial Infections	14
Bleeders	14
Bony Growths	15
Bursitis	15
Calming	15
Cell Growth and Regeneration	15
Cleanser/ Detoxifier	15
Colic	15
Cool Down Mist	16
Coughs/ COPD (Heaves)	16
Cushing's	16
Cuts	16
Depression	16
Disinfectant	17
Detox	17
Ear Mites	17
Emotions	17

Love your Horse by using Essential Oils

Fatty Bump/ Tumors	17
Fever	17
Flies/ Mosquitoes/ Bots	18
Focus	18
Gas	18
Gastrointestinal support	18
Healthy Hoof Growth	18
Heels- cracked	19
Heels- Greasy	19
Hives	19
Immune Support	19
Inflammation/ Swelling	19
Insect Bites	19
Interfering Wounds	20
Itchiness	20
Lameness	20
Laminitis	20
LICE	20
Mane and Tail Conditioner	20
Mud Fever	21
Muscles	21
Nervousness	21
Rain Scald/ Rain Rot	21
Rash	21
Respiratory Issues	21
Ringbone	22
Sand Cracks	22
Scars and Rubbed Areas	22
Seedy Toe/ White Line	22
Shampoo	22
Sheath Cleaning	22
Shivers	22
Sidebone	22
Strangles	23
Sore Shins	23
Splints	23
Sprains	23

Stress	23
Sweet Itch	23
Swelling on Coronet	24
Thrush	24
Ticks Prevention Spray	24
Tying Up	24
Viral Problems	24
Warts	24
Water Cleanser	24
Wounds	25
Essential Oil Health Products	25
Facebook Page	26
Other uses for Essential Oils	
All Issues	27
Abuse – Past	27
Arthritis	27
Bargy/ Headstrong	27
Bladder, Kidney – Strengthens	27
Cranky/ Hormonal Mare	27
Cribbing/ Wood Chewing	27
Depression	27
Fear	27
Fluid Retention – External	27
Liver Support	27
Loading Problems	28
Loose Stool	28
Mare Hormone Balancer	28
Melanoma	28
Nervousness	28
Respiratory Track Infection	28
Sarcoids	28
Skin/ Sores	28
Ulcers	28

Love your Horse by using Essential Oils

Weaving	29
Weight Lose/ Gain	29
Wind-sucking	29
Worms	29
Wounds	29

How to get started using doTERRA Essential Oils

References	30
------------	----



ABOUT doTERRA ESSENTIAL OILS

For Horses

The ONLY certified pure therapeutic grade essential oils available

The information given in this book is for the use of **doTERRA Essential Oils ONLY**. The cautions and directions do not cover the essential oils which may be adulterated with chemicals and diluted.

Important Note: Essential Oils are not meant to be a substitute for responsible Veterinary care or to cure or prevent any disease. Always contact your Vet regarding any matters relating to your horses health, in particular any symptoms which may require diagnosis or medical attention. Before using these essential oils consult your vet if your horse is on medication and if you want to use them internally. **DO NOT** give essential oils to pregnant mares without veterinary advice.

Please note that no responsibility can be taken by the author for this information being applied in practice.

Essential Oils can be used for numerous equine conditions and applied:

1. **To the skin** as essential oils will pass through the skin into the bloodstream. Applying to the poll is the quickest way into the central nervous system.
2. **Be breathe in.** This is the quickest way into the lymphatic system (a part of the immune system) and the bloodstream. The essential oils will also reach emotional centre and other parts of the brain.
3. Due to doTERRA essential oils being 100% pure (tested 7 times for purity) Essential oils that can be taken internally. Please consult your vet before giving to your horse.

Essential oils get to the root of the problem and depending on the essential oils used they balance, stimulate sedate and heal.

- **For Wounds/ Skin Conditions** dab* the essential oil with carrier oil directly on the affected area

- **For Respiratory Issues**, dab* the essential oil with carrier oil on the chest and let the horse inhale the essential oils, diffuse it in the stable or place on the halter- but please avoid putting on nostrils.
- **For Emotional Issues**, let them smell the oils and dab* the essential oil and carrier oil on their forehead on swirl or on the poll- avoid the eyes and inner ear.
- **For Specific Conditions See Below**

*Please read cautions and dilutions

Test the Horse

- Before applying the essential oils to the horse allow them to smell them – **put the bottle in your closed fist so the bottle is below the top of your fist so the horse can't take the bottle out of your hand.** Test each essential oil this way before applying to the horse. DO NOT let the horse touch the bottle.)

Exceptions: Do not smell test, Wintergreen, Soothing Blend and Repelling Blend.

- **DO NOT** use essential oils if horse dislikes the oil by turning his head away from it or walks away. If the horse likes the smell and tries to eat it offer the horse 1 drop of essential oil on the palm of your hand if it is an ingestible essential oil (it will have a supplement fact on label). Only offer 1 drop at a time because horses are super sensitive. (some oils must be diluted first)
- If horse likes the essential oils offer it 2x a day, if not offer it 1x a day.

If there is no improvement stop using the essential oil/s and seek professional help. Depending on the use, you may see an improvement immediately to 1-7 days.

- **Do Not** get the essential oils in the eyes, inner ear, genitals or in nostrils. If you do get it in the eye, nostrils, or genitals use coconut oil do not use water that will make it worse.
- If you are not sure which essential oil he horse prefers hold the bottles 2 feet apart. The first one he turns to is the correct one.

CAUTION: 10- 20 ml's of essential oil taken internally can result in poisoning.

Fractionated Coconut Oil (FCO) vs other oils

I recommend only using Fractionated Coconut Oil because the body can absorb it through the skin and straight through the blood stream. Other oils can prevent the essential oils to be absorbed as the molecules are too big.

Inhalation

Offer the Oil to the horse first to see if that's the oil they need. If so put 1 drop of each essential oil in your hand- allow horse to inhale 3-5 times 1-2 times a day.

Dilutions

- When using topically always dilute the essential oils with FCO 1:1 as this will help all the essential oils being absorbed into the bloodstream. As it takes time for the essential oils to move into the hair follicle it will start to evaporate about 50% if you apply it neat.
- Always test the essential oils first and increase dilution if needed.
- If the horse is ill, old, young or sensitive dilute more then recommended.
- **Important Caution:** Oregano and Wintergreen must be diluted

1 ML = 20 DROPS 5ML = 100 DROPS

Topical Dilution

Dilution depends on the essential oil and its use. For 100% absorption always dilute 1:1 with FCO.

Internal Dilution

General Dilution: Add 1 drop of essential oil to ¼ tsp of FCO or water. The oils that can be taken internally will have a supplement fact on the label otherwise don't take internally.

Oregano: 1 drop to 4.22 oz of water

Wintergreen: **DO NOT USE INTERNALLY**

Internal Use – IMPORTANT

- Only allow the horse to have 1-2 drops of each essential oil a day.
- Add 1-2 drops of essential oil to a metal bucket of water (DO NOT US PLASTIC). Place bucket next to water trough. Always make sure the horse has access to fresh water also. That way they can choose which bucket they want to drink out of.
- It is recommended to give your horse an essential oil for one month at a time then give a 2 week break and then start treatment again. However, some of the essential oils that are being used more regularly with horses should be monitor more closely.
- If the horse is interested in investing more than one oil at a time, allow the horse to lick one drop of each on the first day- no more than 3 essential oils. Test the horse each day to see if these are the oils they need or want.
You can add oils to grain, water, treats....

Placement of Essential Oils

The best places to place the essential oils for the quickest entrance into the blood stream are:

Poll, Third Eye (or swirl), Throat, Chest, Spine, Abdomen, Flank and Coronet band.



You can also apply the essential oils to the affected area.

Blending Essential Oils

Blending no more than 5 essential oils is recommended.

Cleansing Process:

If symptoms worsen the horse could be going through a cleansing process which shouldn't last for more than 3 days. If these symptoms do not start to improve after the first day stop applying the essential oils and see if symptoms start to improve the following day. If not seek professional help. (Of course, professional Veterinary help for health concerns should always be sought in the first place).

List of Cautions

Very Important Cautions

1. **Always keep essential oils out of the reach of children**
2. 10-20 mls of essential oils taken internally can result in **Poisoning**
3. **Wintergreen:** Overuse of this essential oil can **Damage** the liver and Kidneys and may cause **Death** if ingested
4. **Wintergreen:** **DO NOT** use for more than 7 days at a time. Use Lemon essential oil after using for approximately 2 weeks.
5. **Wintergreen:** **MUST NOT** be used internally. Dilute Topically (unless stated)
6. **Oregano:** **DO NOT** use oregano for more than 10 days at a time. Use lemon essential oil after use for approximately 2 weeks after.
7. **Oregano:** **MUST BE** diluted unless applied to the bottom of the hooves – avoid the heel.
8. **(EUCALYPTUS: DO NOT TAKE INTERNALLY)**
9. **Soothing Blend:** when using this rub it is recommended to use lemon essential oil to cleanse the body.
10. Consult with vet if horse is on any medications.
11. Do not give essential oils to pregnant horses without veterinary advice

Test

1. Always test the essential oils first and increase dilution if needed
2. **Do Not** use more than 5 essential oils topically at one time
3. **Do Not** use more than 3 essential oils internally at one time
4. **Never** allow the horse to touch the bottle or lid
5. **Do Not** use an essential oil if horse does not like it
6. Stop using an essential oil if there is no improvement within 2 weeks especially if horse is not interested in the oils.

Other Cautions

1. Use a stainless steel bucket, not aluminum or plastic
2. **Do Not** give essential oils to foals or mares in foal unless supervised by a vet
3. If horse is chronically ill, old young, or sensitive, dilute more than recommended

Essential Oils

Basil: Insect repellent, insect bites, Circulation

Bergamot: Emotional, Stress, Depression

Cardamom: Respiratory support, Stimulates appetite

Cedarwood: Chronic Sores, Hair Regrowth, Insect Repellent

Cinnamon: Supports healthy metabolic function, maintains a healthy immune system, Naturally repels insects

Cypress: Muscle Cramps, Weeping Wounds, Rheumatism

Frankincense: Fear/ Anxiety, Wounds, Abrasions, Scars, Healthier Immune System, Promotes Cellular Health, Tumors, inflammation

Geranium: Insect Repellent, Stops Bleeding, Fungal, Scars, Swelling

Ginger: Leg Fractures, Arthritis, Circulation, Travel Sickness

Helichrysum: Wounds, Stops Bleeding, Scars, Liver Issues, Nerve Damage

Lavender: Anxiety, Muscle Tissue, Abrasion, Thrush, Allergy Relief, Abscesses,

Lemon: Anxiety, Electrolyte Balance, Immune Boost, Infection, Lymph Function, Detox, Hoof Strength

Lemongrass: Muscle Tissue, Insect Repellent, Rain Rot, Cushings

Marjoram: Muscle Tissue, Sedative, Joints

Melaleuca: Proud Flesh, Abrasions, Rain Rot, Colds, Lice, Mites, Staph, Ringworm

Melissa: Anxiety, Chronic Cough, Depression, Colds, Immune Support

Myrrh: Fungal Infections/ Ringworm, Stimulates Appetite

Peppermint: Repellent, Reduce Overheating, Colic, Shock, Allergy Relief, Asthma, Bronchitis, Diarrhea, Ulcers, Muscle Pain

Roman Chamomile: Hoof Rot, Stress, Mare Cycles

Rosemary: Pain, Focus, Stimulant, Insect Repellent, Rain Rot

Sandalwood: Calming, Anti-inflammatory

Thyme: Hoof Rot, Insect Repellent

Vetiver: Anxiety, Nervousness

Wild Orange: Depression, Uplifting oil

Wintergreen: Pain Killer, Laminitis, Bony Growth

Blends and Supplements:

Anti- Aging Blend: First Aid, Cuts/ Scrapes

Restful Blend: Anxiety, Nervousness, Relocation

Cleansing Blend: Abrasion, Insect Bites

Digestive Blend: Colic, Digestive Support, Ulcers, Allergies

Grounding Blend: Anxiety, Joint Issues, Grounding

Correct-X: First Aid, Cuts/ Scrapes

Respiratory Blend: Repertory support, Asthma, Allergies, Colds, Heatstroke

Massage Blend: Sweet Itch, Founder, Thrush

Protective Blend: Infection, Disinfectant, Colds, Immune Support, Parasites

Metabolic Blend: Promotes Healthier Metabolism, Founder, Cushings

Detoxification Blend: Detoxifying, Cushings, Founder, Healthier Liver,

Repellent Blend: Insect repellent, Sweet Itch

Women Monthly Blend: Deepens Breathing, Sore Muscles, Grounding, Moody Mare or Grumpy

Gelding

Seasonal Blend: Allergies

Lifelong Vitality Pack: Reduces pain from inflammation, increases health and energy at a cellular level, improves immune function

Soothing Blend: Soothes sore muscles and achy joints, supports healthy circulation

Soothing Polyphenol Complex: Pain relief, helps support muscle and joint comfort and function, and aids occasional aches and pains

Other Safe Products

Essential Ointments

Fractionated Coconut Oil

Protective Foaming Hand Soap

Protective Cleaner Concentrate

Use Caution with essential oils in the Thuja family, Arborvitae, Cypress, Juniper Berry, Balance. While they are beneficial to use they may produce toxicity. Please use lemon when using these oils. Horses may benefit from a wide variety of essential oils for physical and emotional well-being using inhalation, topical application and/ or ingested. Only the highest quality 100% pure therapeutic grade essential oils will produce effective results. Present essential oils to the horse with a reserved approach as you ASK for their approval, allowing them to smell the aroma from a distance. Each horse is an individual and will likely respond differently, so let them decide if this oil is something they need. Dilute with fractionated coconut oil as their skin is very sensitive.

Disclaimer: These statements have not been evaluated by the FDA. These suggested uses are not intended to diagnose, treat, cure or prevent disease. Always consult your veterinarian for a professional diagnosis.



GUIDELINES FOR USING DOTERRA ESSENTIALS OILS WITH HORSES

IMPORTANT: Before using these essential oils please read **ALL** the notes above taking note of the cautions.

PLEASE NOTE: That the information below is **Guidelines ONLY!**

Smell Test: offer the essential oils to your horse first and see if he/ she is interests in them.

Inhale: place 1 drop of the chosen oils onto your palm and allow the horse to breathe in 4- 5 times.

1:1: 1 drop of essential oils to 1 tsp FCO

Buckets: only use stainless steel. Essential Oils break down plastic. The essential oils float to the top.



ABSCESSSES- HOOOF- contact your Farrier

Do not use essential oils if the abscess is very deep

Melaleuca, Oregano, Lavender:

1. Apply a hand full of Epsom salt add 2 drops oregano and 4-5 drops melaleuca and lavender then dissolve in warm water
2. Soak the hoof 15 min every day.

Once the abscess has opened up, you can use melaleuca and lavender with FCO: 2 ½ Tbsp to 7 drops of the essential oils.

ALLERGIES

Antihistamine Combo

Lemon, Lavender, Peppermint

- Smell test
- Inhale twice a day or
- Rub 1 drop 1:1 on neck or under belly near navel (dilute peppermint: 1 drop with 2 Tbsp of FCO (test one area) Apply twice a day
- Add 3-4 drops of lemon essential oil to fresh water for 3-4 days a week- the bucket size does not matter as the lemon essential oil will float on the top.

ANTIBIOTIC – NATURAL

Oregano:

- Smell Test
- Dilute 1 drop essential oil with 4- 8 oz distilled water or add 3 drops to a bucket of water
- Can be taken internally for no more than 10 days
- Use lemon in drinking water after using the essential oil to cleanse the ketones

ANXIETY/ SEPARATION ANXIETY

Lavender, Restful Blend, Grounding Blend, Lemon,

- Smell test
- Inhale and
- 1 drop of chosen oils with 1-2 tbsp FCO apply to swirl on forehead, poll or behind the ear.

ARTHRITIC JOINTS

Soothing Blend:

This is not just essential oil. It is an excellent anti- inflammatory and has been used successfully for arthritis in people. Do not smell test.

- Test first topically
- Apply once or twice a day to the area
- For large areas you could dilute with 10- 15% FCO

Recommended: Use lemon essential oil cleanses the body during use.

BACTERIAL INFECTIONS- Contact your vet

Melaleuca and diluted Oregano

Internal: offer 1 drop of melaleuca internally with diluted oregano: 1 drop to 4-8 oz water. You can add them to a bucket of water 2-3 drops of melaleuca.

These two work extremely well together for bacterial infections.

BLEEDER

Protective Blend, Respiratory Blend, Frankincense, Cellular complex

- Inhale or Diffuse Protective blend and Respiratory Blend
- Apply Protective Blend to coronet band 2x a day
- Apply Respiratory blend to the chest 2x a day and before workouts
- Internally 1 drop Frankincense and Cellular complex daily.
- (you can also feed the Breathe tablets 1-2 daily)

BONY GROWTHS/ Bone spavin/Ringbone/ Sidebone/ Splints

Wintergreen:

- 1-2 drops twice a day
- Do not apply for more than 7 days
- Lemongrass is an alternative – apply 1:1

BURSITIS

Grounding Blend, White Fir, Basil, Cypress, Soothing Blend

- 1-2 Drops of each oil with FCO and apply on area
- Alternate cold and warm compresses for 10 min each

CALMING

Lavender, Restful Blend, Lemon

- Smell Test
- Offer 1 drop of chosen essential oil for them to inhale
- Apply to swirl on forehead and poll

CELL GROWTH AND REGENERATION

Frankincense, Lavender or Life Long Vitality Pack

- Add 1-2 drops of essential oils to grain daily or
- Feed Life Long Vitality Pack (same dosage as we would take)

CLEANSER/ DETOXIFIER

Lemon

- Offer Lemon to your horse if you suspect a toxic load on your horse.

COLIC

Digestive Blend, Massage blend, Lavender

- Call Vet
- 2 drops Digestive blend essential oil on inside bottom lip, reapply every 20 min. or as needed.
- Rub 5 drops Digestive blend and 2 drops Massage Blend with FCO on abdomen and flank
- Let the horse smell lavender s long as is needed to cal and relax them.
- You should see improvement within 1-2 hours.
- This will not help a twisted gut so make sure vet is coming.

COOL DOWN MIST

Peppermint

- Add 6-8 drops peppermint essential oil to 16 oz spray bottle filled with water and lightly mist horse.
- Avoid the eyes, ears and Nostrils

COUGHS/ COPD (HEAVES)

Protective Blend, Respiratory Blend, Eucalyptus, Lemon, Frankincense, lavender

- Alternate offering Protective blend and Respiratory blend for them to smell
- Apply 1 drop Eucalyptus, Lemon, Frankincense with 1 TBSP FCO to coronet band on all 4 feet twice a day
- Use Lavender to relax horse during coughing fits let then smell

CUSHINGS DISEASE

Detoxification Blend, Frankincense, Restful Blend

- Consult with your Vet
- Apply 1 drop Detoxification Blend to swirl 2x a day
- Plus give Detoxification soft gels 1x a day
- Apply 1 drop Frankincense to swirl 2x a day or give it internally
- Apply 1 drop Restful Blend to each coronet band 2x a day
- They may be on this a long time to level them out.

CUTS

Melaleuca, and Lavender

- Clean the wound first with diluted melaleuca- add a couple drops to warm water.
- Apply melaleuca 1:1 twice a day until healing begins and then once daily until the wound is dry to the touch
- Then apply lavender 1:1 to help to regenerate healthy skin

DEPRESSION

Lavender, Lemon, Grounding Blend

- Smell Test
- Inhale as long as they need
- Apply 1 drop to swirl on forehead and poll

DISINFECTION

Oregano: Fill a 14 oz spray bottle and add 5 drops of Oregano and spray the area. Great to use at shows and in communal areas/ floats ect.

Detox

Lemon: This essential oil will detox the ketones from the use of Wintergreen and Oregano, as well as other toxins.

- Add 3-4 drops to a bucket of water

EAR MITES

Lavender, Cleansing Blend, Peppermint, Frankincense

- Apply 2 drops Lavender, Cleansing Blend, and 1 drop Peppermint, Frankincense with 2 TBSP FCO to a cotton swab and apply to ear.
- Never Pour into ear

EMOTIONS

Lavender: smell test and offer 1 drop to lick if the horse is interested in ingested it or allow them to breathe it in as long as they need.

Also can use White Fir

FATTY BUMP

Oregano, Frankincense

- Apply Oregano with FCO to spot for 1 week
- Apply Frankincense to spot for 1 week
- Apply both 2-3 times a day
- Then take a break for a week and use lemon
- Then repeat regiment

FEVER

Peppermint: Smell test and offer 1 drop to lick. Offer every 3 hours.

FLIES/ MOSQUITOS/BOTS

Lemongrass, Repellent Blend, Melaleuca, Lavender

1. Mist: Add 6-8 drops lemongrass to 16 oz water and lightly spray horse. Avoid the eyes, and nostrils.
2. Stronger mix: Add to a 8 oz spray bottle ½ cup apple cider vinegar, 15 drops Repellent Blend, 10 drops Lemongrass, and the rest water. Shake well before using, works for 4-6 hours. Not Waterproof, but safe for everyone.
3. Essential oil Blend: Apply Repellent Blend to pasterns, around eyes, muzzle and problem areas.

Or

1. 16 oz spray bottle, (1) 15 ml bottle of Repellent Blend, 1 cup Apple cider vinegar, 2-5 tsp dish soap, top off with water. Shake before using.

FOCUS

Lemon: Smell Test. Offer 1 drop to lick if interested or breathe in.

GAS- REDUCE

Peppermint or Digestive Blend:

- Smell test offer 1 drop to lick

GASTROINTESTINAL SUPPORT

Lemongrass, Peppermint, Digestive Blend

- Smell test then offer 1 drop to lick if interested

GRASS- TOO MUCH OR RICH

Digestive Blend, Lavender

- Smell test then offer 1 drop of digestzen and lavender to ingest
- Watch horse and if need to use colic protocol

HEALTHY HOOF GROWTH

Rosemary, Lavender

- Apply 1 drops Rosemary with FCO on cornet band
- Wait 10 sec. then apply 1 drop lavender with FCO on coronet band
- Apply 2x a day

HEEL- CRACKED

Melaleuca, Lavender

1. Clean wound with Diluted Melaleuca- add a couple of drops to warm water
2. Then apply melaleuca 1:1 twice a day until healing begins and then once daily until the cracks are dry to the touch
3. Then apply lavender 1:1 to help to regenerate healthy skin

HEEL- GREASY

Melaleuca, Oregano, Lemongrass and Lavender

1. Mix 10 drops lemongrass, 12 drops lavender, and 8 drops melaleuca with distilled water in a 2 oz spray bottle. Saturate twice daily until completely gone.
- Dilute 1 drop oregano essential oil with 2TBSP FCO. You can add 6-8 drops melaleuca to it.

Hives

Lemongrass, melaleuca

- Dilute 1 drop of lemongrass to 1tsp FCO. Dilute more if horses are super sensitive and apply to affective area or
- Apply 2-3 drops of melaleuca to affected area. Dilute 1 drop melaleuca to 3-6 drops FCO if your horse is sensitive

IMMUNE SUPPORT

Frankincense, Protective Blend, Digestive Blend, Cinnamon

- 1-2 drops of each essential oil once or twice a day in grain
- Put 1 drop Lemon in water

INFLAMMATION/SWELLING

Lavender, Peppermint, Geranium, Soothing Rub

- Apply 1 drop of each essential oil with 2 TBSP FCO to affected area.
- You can also give 1 drop of each essential oil internally.
- Also apply Deep Blue Rub to the area (a little bit goes a long way)

INSECT BITES

Melaleuca: Apply 1-2 drops 1:1 twice daily. Dilute for sensitive skin.

INTERFERING WOUNDS

Melaleuca and Lavender

- Apply 1:1 twice a day until healing begins and then once daily until wound is dry to the touch
- Then apply lavender to help regenerate healthy skin

ITCHINESS

Lavender, Peppermint: add 5 drops of each to 24 oz. distilled water and spray daily.

Melaleuca: apply 1:1 to the affected area

LAMENESS

Frankincense, Lemongrass, Cypress

- 1 drop of each oil with FCO massage into area 3-4 times a day
- Massage in Soothing Blend and Helichrysum

LAMINITIS – Contact your Vet and Blacksmith

- Start with 5 drops Rosemary, 8 Drops Juniper Berry, 12 Bergamot, 8 drops lavender and 1 oz FCO.
Apply to the coronet band 2x a day. This mix should last about 3-5 days.
- You can also use Soothing rub and wintergreen to help with pain. Apply 1 drop wintergreen to a small amount of Soothing rub and apply right above coronet band.
- Apply 1 drop Detoxification Blend to 4 oz water. Syringe into mouth 2x a day or apply 2 drops to the coronet band with fco 2x a day
- Also apply cinnamon bark 1 drop daily to grain
- 1 to 2 pills of Digestive Enzyme and digestive Blend 1-2 drops in grain daily.
- (When horse has improved and vet or Blacksmith has cleared horse you can stop using this recipe daily. I would recommend keeping your horse on Digestive Enzyme and Digestive blend)

LICE

Melaleuca, Peppermint, Repellent Blend, Geranium, Lavender

- 10 drops Melaleuca, Peppermint, Repellent Blend, 4 drops Geranium, 2 drops Lavender with 2 Tbsp FCO the rest water in an 8 oz spray bottle. Shake before using. Spray on 3x a day.
- Also run lice comb over your horse daily.

MANE AND TAIL CONDITIONER

Roman Chamomile

- 4 TBSP FCO, 2 TBSP Vegetable Glycerin, ½ tsp Roman Chamomile (about 30 drops), 4 cups water put in a glass spray bottle.
- Shake before using

MUD FEVER

1. Mix 10 drops lemongrass, 12 drops lavender, 8 drops melaleuca with water in a 4 oz spray bottle. Saturate area 2x a day until completely gone. You can triple the recipe and use a bigger bottle.
2. For areas that just won't heal: Dilute 1 drop Oregano essential oil with 2 TBSP FCO. Test mixture first and dilute more if it's too strong. You 6-8 drops of melaleuca to it.

This recipe works really well for bacterial infections.

MUSCLES- Stiff/ Tight/ Sore/ Overused/ Competition Soreness

Peppermint: add 20 drops to 16 oz of water. Shake before using then spray on area

Soothing Rub: Apply to affected area.

NERVOUSNESS

Restful Blend: let them smell and inhale as long as they need.

Lemongrass: let them smell and inhale as long as they need. Offer 1 drop for them to lick off your hand.

RAIN SCALD

1. Mix 10 drops lemongrass, 12 drops lavender, 8 drops melaleuca with water in a 4 oz spray bottle. Saturate area 2 x a day until completely gone. You can triple the recipe and use a bigger bottle.
2. For areas that just won't heal: Dilute 1 drop Oregano essential oil with 2 TBSP FCO. Test mixture first and dilute more if it's too strong. You 6-8 drops of melaleuca to it.

This recipe works really well for bacterial infections.

RASH

Melaleuca, Lavender: blend 5 drops of each essential oil with 1 tsp FCO and apply

RESPIRATORY

Respiratory Blend:

- Smell test and Inhale
- Dilute drop with 2-3 drops of FCO (test one area first). Apply TO the chest, poll, and forehead (avoid the eyes)
- Offer twice a day

RINGBONE

Wintergreen:

- 1-2 drops wintergreen twice a day for 7 days.
- Then alternate with lemongrass

SAND CRACKS- Consult your blacksmith

Melaleuca, Lemongrass:

1. Clean with Diluted Melaleuca- add a couple of drops to Epsom salt and add to warm water
 2. Then apply lemongrass 1:1 twice a day until you see an improvement, unless it is a deep crack back to soft tissue
- If it is deep use melaleuca only to keep it clean, then apply lemongrass above crack once it starts to heal

SCARS AND RUBBED AREAS

Lavender: smell test and apply 1:1

SEEDY TOE/ WHITE LINE DISEASE

Frankincense, Melaleuca, Protective Blend with FCO apply to hoof 1 drop of each oil to 1 tbsp

Or

Melaleuca, Cassia, Lavender, Clove, Lemon, Thyme with FCO apply to hoof 1 drop of each oil to 1 tbsp

SHAMPOO

- 10 drops melaleuca, 10 drops lavender, 2 TBSP FCO, ¼ Cup water, ¼ Cup liquid castile soap (unscented) 1 TBSP Vitamin E oil
- Add a little of the mix to water, then sponge on horse and massage in, then rinse.

SHEATH CLEANING

Melaleuca: Add a few drops of melaleuca to 2 liters of water to clean inside the sheath

SHIVERS

Frankincense 2 drops on inside of bottom lip, 3 times a day.

Ylang- Ylang, Bergamot, Roman Chamomile, Lavender, Grounding Blend let the horse smell the oils they want.

SIDEBONE

Wintergreen: 1-2 drops twice a day applies as needed. Do not use for more than 7 days.

Lemongrass: apply after using wintergreen.

STRANGLES

Oregano, Wintergreen, Thyme, Basil, Marjoram, Massage Blend, Cypress, Peppermint

Apply 1 drop of each oil with 2 tbsp FCO down the spine of horse 2x a day then blanket horse

Oregano, Thyme, Protective Blend

Apply 1 drop of each oil with 1tbsp FCO on cornet band 2x a day

- Use a scarf with 5 drops Protective Blend and 5 drops Respiratory Blend wrap scarf around horses throat
- Soak timothy pellets and put 2 drops Protective blend then feed to horse.
- Defuse Respiratory Blend and Protective Blend
- Take about 2 weeks to get over
- When horse is better keep applying Protective Blend and Respiratory Blend for a month after.

SORE SHINS

Soothing Blend Rub: Apply 2-3 times a day as needed until heat and inflammation is down. Do not use the smell test.

SPLINTS

Wintergreen: 1-2 drops twice a day as needed. Do not apply more than 7 days then do a lemon detox after.

SPRAINS

Soothing Blend Rub: Apply on the area twice a day (see inflammation/ swelling).

Geranium: Apply 2 drops with FCO on the area 2-3 times a day till swelling goes down.

Lemongrass: once the swelling is down dilute 1:4 with FCO and massage gently into the area 3-4 times a day.

STRESS

Lavender, Restful Blend

- Let horse smell when they have a trauma, injury, moved, showed, an emergency, ect...
- If stress is really bad apply to swirl on forehead and poll

SWEET ITCH

Repellent Blend, Melaleuca, Lavender:

Mix half a bottle of Repellent Blend to one bottle of FCO

Apply 2 times daily for 3-5 days and then once a day

You can also try melaleuca for the irritation and lavender to help with healing

SWELLING ON CORONET

Geranium add 1 drop with FCO and apply to swelling

THRUSH

Melaleuca and Oregano:

- Mix a few drops of undiluted Melaleuca with undiluted Oregano and insert deep into the cleft of the frog using a pipette or soak cotton balls and tape them on or put on hoof boot for 24 hrs.
- Depending on how bad it is it can be used twice daily but no more than 7 days straight.
- **DO NOT** get oregano on the heels.

Once recovered, you could clean the feet every day and spray the essential oils maybe every other or third day. Additionally, spray after they get their feet done whether they have thrush or not this will help the new hoof not get bad bacteria.

TICK PREVENTION SPRAY

- In an 8oz spray bottle add 30 drops Repellent Blend, 20 drops Lavender, 20 drops Cedarwood, 20 drops Lemongrass, 20 drops Geranium, 10 drops Peppermint
- Remove ticks before applying spray.

TYING UP- contact your vet

Frankincense, Soothing Blend:

Make sure your feeding high quantity magnesium.

- Feed frankincense daily
- Apply soothing blend when tying up happens

VIRAL PROBLEMS- call your vet

Melaleuca, Oregano:

- Mix 1 drop of melaleuca to diluted Oregano: 1 drop to 4 oz – 8 oz of water and use internally- offer for horse to smell first.
- Use 3-10 days only

WARTS

Melaleuca: apply 1:1 once to twice a day for up to 30 days

WATER CLEANSER

Lemon: add 1 drop to 4.5 liters of water in a metal bucket (not aluminum or plastic)

WOUNDS

Protective Blend, Melaleuca

- Clean wound with diluted protective blend and melaleuca. Add a couple of drops to warm water.
- Apply 1:1 twice daily until healing begins and once daily until the wound is dry to the touch.
- Then apply lavender to help to regenerate healthy skin

Both essential oils will also deter flies.

Essential Oil Health Product

Chronic Health Conditions/ Wound Care/ Competition Horses

LifeLong Vitality Pack:

You could give your horse the lifelong Vitality Pack. It has been proven to reduce inflammation, improve Immune function, increase energy, promote vitality, support brain and digestion function and more.



Love your Horse by using Essential Oils

JOIN FACEBOOK PAGE
doTERRA Essential Oils For Horses
Public group out of Bellingham Washington

Please share your experiences and photos on this FB page. You can also ask questions.

You can also send me feedback. I would love the feedback.

Heartandhoofseo@gmail.com



In Loving Memory of Shalom 2008-2017

OTHER ESSENTIAL OILS/ COMBINATIONS FOR CONDITIONS

All Issues

Frankincense

Abuse- Past

Grounding Blend

Arthritis

Juniper Berry

Bargy, Head Strong

Jasmine/ Vetiver

Bladder, Kidneys- Strengthens

Sandalwood

Cranky/ Hormonal Cramping in Mare

Geranium and Cypress together, Clary Calm

Cribber/ Biting

Lemon, Wild Orange, Elevation (creates mental stimulation)

Depression

Wild orange, Bergamot

Fear

Jasmine/ Roman Chamomile/ Frankincense

Fluid Retention- external

Juniper Berry

Liver Support

GX- Assist, Metabolic Blend, Detoxification Blend

Loading Problems

Lavender, Jasmine, Frankincense, White Fir

Allow horse to smell as needed. Apply to poll or swirl

Loose Stool

Frankincense, Terrazyme

Mare Hormone Balance

Ylang Ylang, Frankincense, Use daily over ovary area

Melanoma –contact vet

Frankincense, Sandalwood

Apply directly on spot do not dilute

Nervousness/ Spooky

Jasmine, Clary Sage, Vetiver, and White Fir: Allow to smell. Do not use internally.

Respiratory Tract Infection: contact vet

Respiratory Blend, Cardamom: let smell and apply 1 drop to throat with FCO

Rub Down after Exercise

Massage Blend, Peppermint: apply to warm Epsom salt water and sponge on

Sarcoids

Frankincense, Lavender, Oregano, Protective Blend

Dilute oregano 1:1 blend 1 drop of each oil and apply 2x a day and feed Protective Blend 2 drops daily

Sheath Cleaning

Myrrh, Rosemary

Skin/ Sores

Correct X ointment

Ulcers

Digestive Blend

Weaving

Lavender/ Restful Blend/ Focus Blend

Weight Loss/ Gain

Metabolic Blend add to food 2 drops a day no more

Wind sucking

Frankincense, Jasmine, Ylang Ylang, Vetiver

Worms

Digestive Blend, Lemon

Wounds

Anti-aging roller ball

Replace half of the bottle with FCO, can be rolled on to wound directly, or sprayed on large wounds.

Apply 2x a day

How to get started using doTERRA Essential Oils

Log on to <https://www.mydoterra.com/paulpheifer/index.html#/> and go into Join and Save. Fill out the forms and pick out a kit.

You can also contact me at Heartandhoofseo@gmail.com and I can help you with the signing up process. I am a Expert in doTERRA Essential Oils for horses.



Refs: Doterra on the web, Youtube essentials for horses, DR Axe, thenaturallyhealthyhorse.com,
<https://www.facebook.com/groups/1546624825631878/> (doTERRA essential oils for horses)
Bellingham WA,



Ashley Perigo

360-319-1645

Heartandhoofseo@gmail.com

Copyright for photos belong to doTERRA Essential Oils and Ashley Perigo

Copyright for the information belong to Ashley Perigo, the naturally healthy horse, and Joanne Ragg