

# ESSENTIAL OILS FOR DOGS\*

©by Skye Patterson - Revised 10-Oct-14

[skypatterson@juno.com](mailto:skypatterson@juno.com)



## Must have oils for Dogs

**Lavender, Frankincense, Peppermint, The Digestion Blend, The Repellant Blend, Helichrysum, Geranium, Lemongrass, The Protective Blend, Rosemary, The Calming Blend, The Grounding Blend, Cilantro, The Essential Oil Cellular Complex, The Omega 3 Fish Oil, Cedarwood, Cardamom and Arborvitae**

**Note: All Blends/Complexes/Supplements: I will use the Descriptives, not the proprietary names.**

**Please note: I have removed Soothing Blend, Wintergreen, Melaleuca, Purifying Blend (along with any other blends that contain these oils) from oils to use on dogs. Wintergreen, one of its ingredients, metabolizes to Salicylic Acid = aspirin, which can be problematic for dogs – mainly GI issues. Melaleuca is more problematic in small dogs but I have been getting more reports of issues with larger breed dogs (lethargy, fever, (sometimes vomiting) and affecting use of hind legs) that lasts 12-24 hours. One dog ended up taking over 4 days to recover use of hind legs and required emergency care. The dogs appear to completely recover. I have come to conclusion that because Melaleuca takes the longest of all the oils to metabolize, if a dog has a compromised liver (disease, damage or already overwhelmed with toxins at the time of use of Melaleuca), this oil could be problematic. My position is why use an oil known to possibly cause problems when there are other safe choices of oils that can be as effective for what you are using it for? Best to be safe.**

## **Other oils good for Dogs**

**Basil, Bergamot, Roman Camomile, Eucalyptus, Lemon, Marjoram, Clary Sage, Rosemary, Patchouli, Sandalwood, The Detoxifying Blend**

## **Other Products OK for Dogs**

**Salon Essentials Shampoo, Multi-Vitamin Chewable, The Detoxifying Complex Capsules, The Protective Blend Foaming Hand Soap (to clean wounds), The Protective Blend Household Cleaner (to clean surfaces and bedding), The Omega Fish Oil Capsules, Multi-vitamin & mineral pack (for large breed dogs), Seasonal Blend Gel-Caps and The Protective Blend GelCaps (for large breed dogs)**

### **DISCLAIMER:**

**I am not a veterinarian. None of these recommendations are meant to take the place of veterinary care, especially with serious health issues. This list gives you holistic/natural option(s) or adjuncts (in addition to veterinary treatments) for the care of your dog. Please take your dog to your veterinarian if health issue(s) does not improve in a reasonable time...immediately, if condition is serious/life threatening, or if you cannot determine what is wrong. Getting an accurate diagnosis will help you decide the route of treatment for your dog. Additionally, these oils help the drugs your dog is on to be better interpreted and used by the body and to help reduce potential drug side effects.**

### **DILUTION INSTRUCTIONS:**

**SDD: Small Dog Dilution.** is at either **1:1** (1 Teaspoon Fractionated Coconut Oil [FCO] to 1 drop Essential OIL) for dogs 15-30 lbs. or **2:1** (2 Teaspoons FCO to 1-2 drops Essential Oil) for dogs under 15 lbs. **Please note:** I have changed this ratio after working with oils for 3 years and found that the dilution needed wasn't as much as first thought due to the purity of our oils.

**Note:** Some dogs are more sensitive to the essential oils than others. My small dogs (and others I have had input from), toy breeds, have not had problems with the pure Essential Oils that are synthetic free and are therapeutic grade. I indicate no dilution needed. However for safety, do test area or start with smaller more diluted amounts check for irritation or if given internally indication of GI upset, etc. Every one is different same with our dogs. Some are more sensitive than others and health issues can affect the response your dog has to the products like with humans.

**Dilute either 1:1 or 2:1 if need be.**

## Precautions:

- **I Do Not Recommend use of Clove (except diluted for post oral surgery pain), Oregano (one exception is dealing with Parvo), Birch or Thyme.** Heavily dilute Essential Oils (2 TBS FCO to 1 drop EO) on young puppies (before 3 months old (under 15 lbs) - then dilute like for human baby until 6 months old.
- **Use with Caution and heavily dilute for:** pregnant dogs; old, sick; dogs prone to seizures (except for Frankincense and Helichrysum - use full strength).
- **Discontinue use if:** dog becomes distressed, drools, pants, whines (if these symptoms do not stop or significantly diminish after an hour - take to vet ASAP)
- **Do not apply in/on:** eyes, nose, genitals - if you do - dilute with FCO - NOT WATER
- **Putting oils around face/nose/eyes is usually too overwhelming for them.** Most oils are better applied to bottom of back paws between toe pads, on stomach and/or behind ears for certain applications. Exception is when treating an eye issue in which case you would apply ONLY to the eye orbit bone around the eye, not the soft tissues/eyelids.
- **Do Not use Toothpaste made for humans or any of the beadlets for dogs – Almost all of these products contain Xylitol which is deadly toxic to them.**

# DIRECTIONS FOR USE OF ESSENTIAL OILS FOR DIFFERENT DOG HEALTH ISSUES

<u>Health Issue</u>	<u>Suggested Oil(s)</u>	<u>Area of Application</u>	<u>Dilution</u>
<b>Allergies</b>	Lemon/Peppermint/ Lavender	1 drop each in capsule 2X/day for dogs under 35 lbs. - 2 drops each for larger dogs given with meals. Long term protocol (4-6 months)	no
	plus Omega 3 Fish Oil (helps with inflammation and immune system)	10 drops in capsule (add to above) for dogs under 35 lbs. – ¼ teaspoon for dogs over 75 lbs. given with meals	no
	plus The Detoxifying Complex (liver is often affected in dogs with serious allergies)	1/2 capsule 2X/day w/each meal for dogs under 50 lbs. - 1 capsule for over 50 lbs.	no
<b>Arthritis</b>	Peppermint and Frankincense	put 1-2 drops each along spine between back base of ears and base of tail worked to skin to reduce pain messaging to brain AND apply 1-2 drops each to each affected hip/joint, worked to skin. Apply 3-4X/day or as needed	SDD
	plus Essential Oil Cellular Complex	3 drops mixed into food (moist/canned) 2 X day	no

<b>Asthma/Trouble Breathing</b>	Eucalyptus and Peppermint or Lemongrass also Consider Cardamom	put 1 drop each on hand then hold in front of nose until breathing normally. Suggest: Diffuse 2 drops of Eucalyptus 1 Peppermint (or Lemongrass) and 1 drop Cardamom in water reservoir of diffuser is Very effective and best delivery method	no
<b>Bleeding</b>	Helichrysum or Lemon	apply 1 or more drops drip into wound	no
<b>Bleeding Toe Nail</b>	Lemon or Helichrysum	if you cut toe nail too short and it bleeds put 1 drop on quick of nail to stop bleeding	no
<b>Bladder Infection</b>	Frankincense/ The Protective Blend/ Cinnamon or Cardamom	2 drops each in capsule 2X/day	no
	Lemongrass/The Protective Blend	apply 1 drop each over bladder	no
<b>Burns</b>	Lavender	apply neat to burn, for large areas can be diluted in ratio of 4-6 drops/Teaspoon FCO - in spray top bottle - lightly spray area.	no
<b>Cancer (Tumors)</b>	Frankincense	apply 1-2 drops neat to skin tumors 2X/day	no
	plus The Essential Oil Cellular complex	5 drops in food (moist/canned) 2X/day for dogs under 35 lbs. - 10 drops for larger	no
<b>Chest Congestion</b>	Eucalyptus and Peppermint (Cardamom or Lemongrass)	diffuse 4 drops total or apply 2 drops Total on pet bedding (acts as diffuser) Or on Dog's chest to breathe in (reapply Every 5 hours as needed)	no
<b>Diarrhea/Constipation</b>	The Digestive Blend	Apply 1-2 drops around belly button area and swipe in mouth. Also apply on back feet between toe pads. Apply every 2-3 hours as needed. (my experience is that 1-2 applications is sufficient).	no or 1:1
	Plain Canned Pumpkin	1-2 TBS 2X/day with meals is very effective in helping with both diarrhea and constipation	

<b>Diabetes</b>	The Grounding Blend	Apply to back feet between toes in AM daily	no
	Basil and/or Corriader	2 drops in mouth daily	no
	Lavender	Apply to back feet between toes at night	no

With A diabetic dog: diet is most important - NO CARBOHYDRATES. High quality dog food is a must (poor quality high carb food causes diabetes). Get excess weight off dog. Exercise every day - nice brisk walk for 20 minutes - all are important....can even lead to dog no longer being diabetic. Inform your vet that you want to try supporting your dog's body/pancreas with Essential Oils. The oils help the body go back to normal insulin levels, helps pancreas heal and supports meds effectiveness. Please closely monitor dog's insulin levels with your vet - as these oils and diet/exercise changes will reduce need for meds.

<b>Dry Skin</b>	Clary Sage	rub 1-2 drops into area	<b>SDD</b>
	Omega 3 Fish Oils	10 drops (up to 35 lb. dog) to ¼ teaspoon (dogs Over 75 lbs.) in capsule - helps with skin conditions	no

<b>Ear Infection</b>	Geranium and/or Frankincense and/or Basil	Apply to back of ear, front base of ear and gently wipe slightly (1-2 drops) moist cotton ball/or Q-tip (with care) to inside of ear flap. Do not go down ear canal.	no
	Lavender to soothe	Apply moist (not wet) with cotton ball	<b>SDD</b>

<b>Fear/Anxiety/ Nervousness</b>	The Calming Blend, Lavender and/or Balance	Behind ears, back of neck at base of skull, between back toes, diffuse, put on bedding, or pet's clothing or your clothing = acts as a diffuser.	no
--------------------------------------	---	---	----

<b>Fever</b>	Peppermint	1-2 drops between back toes (this oil can irritate some dog's skin - dilute if needed)	<b>SDD</b>
--------------	------------	---	------------

**Fleas**                    **See Insect Repellent**

<b>Fungal Infection</b>	Lemongrass, Lavender, Geranium	rub 1-2 drops into affected	no
	&/or Clary Sage		<b>SDD</b>

<b>Gallstones/Infection</b>	Frankincense and Lemon	rub on tummy & between back toes 2-4X/ day (Frankincense is fine neat but Lemon can be irritating to some dog's skin - diluted if needed)	<b>SDD</b>
-----------------------------	------------------------	---	------------

<b>Heart Problems</b>	Peppermint	rub between back toes 2X or more/day	SDD
<b>Heart Worms</b>	<b>To shield against Mosquitoes - which are vector - see Insect Repellent Information I do not recommend use of oils to kill heartworms resident in your dog. Too fast a die off can kill your dog. Please let veterinarian handle this situation.</b>		
<b>Hot Spots</b>	Lavender	put 2-3 drops on moist black tea bag (tannins to dry up hot spot) - place on area for 10 min. (shave/cut hair from site), 3-5X per day	no
	The Protective Blend Foaming Hand Soap	To gently clean oozing from hotspot before treating, if needed. Rinse and dry before oils	no
<b>Infection (Systemic)</b>	Helichrysum, Lavender Geranium, or Marjoram	1-2 drops on site or between back toes 2-3X/day	no
<b>Infection (Wound)</b>	Frankincense, then	1-2 drops in infected wound - apply hot compress – the clean with Protective Blend Foaming Hand Soap – rinse and dry	no
	Helichrysum and Frankincense	Put 1-2 drops each of Frankincense and Helichrysum in wound 2-3X/day til healed over.	no
<b>Additional Successful Protocol for infected foot/nail bed (would be good for infections on leg and tail too):</b>			
Soak Foot in Listerine™ every day and wash 3-4 times a day with The Protective Blend Foaming Hand Soap			
Combined in a 10 ml bottle (suggest use a sprayer top), put on the whole infected area every 3-4 hours:			
2 drops lavender			
1 drop Roman Chamomile			
1drop oregano			
1drop lemongrass			
1 drop frankincense			
filled the remainder of 10 ml bottle with FCO			
<b>Innoculations (post)</b>	Cilantro or new Detoxifying Blend	2 drops of Cilantro(dogs under 35 lbs. 4 drops for dogs over 35 – 75 lbs)/swipe in mouth/day starting 14 days post inoculations to deal with heavy metals. Apply for 10 days. Blend for dogs over 75 lbs.	no

<b>Insect Bite/Sting</b>	Basil and Lavender	put 1-2 drops of each on bite/sting. Observe for allergic reaction - swollen face, tongue difficulty breathing (use Eucalyptus in front of nose). Take to vet immediately.	no
<b>Insect Repellent</b>	The Repellant Blend, Peppermint, Arborvitae (or Lemongrass) and Cedarwood	Equal drops each (only ½ # of drops for the Cedarwood/Arborvitae), put in spray bottle, apply along spine, spray on your hand & rub through dog's coat behind ears, on chest and stomach, on legs and feet (Do not use on puppies under 3 months old) <b>DO NOT DILUTE! Apply every 5-6 hours as needed.</b>	no
<b>Internal Parasites</b>	Peppermint, Lemongrass, and The Digestive Bend	1-2 drops each, placed in hand, combined, then rubbed on stomach and between back toes <b>Do Not Use On Dogs With Heartworms! Danger of overwhelming heart with worm die off</b>	SDD
<b>Note: poor diet (cheap, commercial diets lacking fresh raw foods, full of additives, preservatives and fillers), poor health, digestive problems, drugs, obesity, can all leave dog more susceptible to Flea Infestation, Internal Parasites, and attracting Ticks (the body chemistry of a sick or stressed dog is different than a healthy dog and it appears to make the blood more attractive them)</b>			
<b>Interstitial Cysts</b>	The Protective Blend Foaming Hand	Wash to clean before oil application	
	Lavender	Put several drops of FCO on gauze pad with 1-2 drops of Lavender, wrap around cyst on paw - wrap with vet wrap to hold in place. Keep hair trimmed away from cyst.	
<b>Kidney Damage/Disease</b>	The Detoxifying Herbal Complex Capsules	1/2 capsule 2X/day w/meals for dogs under 50 lbs. - 1 capsule 2X//day for larger dogs Recommend this be a permanent Regimen to support kidney detox function.	no
	The Detoxifying Oil Blend	3 drops in capsule 1X/day (for dogs under 50lbs) with meals for 30 days. You can repeat every 2-3 months/combined with the herbal form that I recommend to remain on permanently, to help detox and support body healing kidney.	no

<b>Liver/Gallbladder Disorders</b>	Geranium and or Helichrysum	1-3 drops over liver & between back toes	no
	The Detoxifying Herbal Complex Capsule	1/2 capsule 2X/day with meals for dogs under 50 lbs. - 1 capsule 2X/day for larger dogs (supports Liver)	no
	The Detoxifying Blend	3 drops in capsule 1X/day with meals for 10 days - repeat every month for 3 months to help detox and heal Kidneys	no
	The Detoxifying Blend in GelCap	Can be used for dogs over 75 lbs – 1 capsule/day with meals for 10 days – repeat every Months for 3 months	no
<b>Mange (both types)</b>	The Protective Blend	4 drops (can add 2 drops Frankncense) diluted In 2 TBS FCO in spray bottle. Spray on affected areas 3X/day until healed. Important to Bathe 4-7X/week	<b>SDD</b>
<b>Mosquitoes (heartworm)</b>		see insecton repellent instructions <b>Do not use a protocol to kill heartworms as sudden die off could kill dog - must have vet care for this.</b>	
<b>Motion Sickness</b>	Peppermint or Fennel	1-2 drops on tummy& between back toes	no or <b>SDD</b>
<b>Mouth Abscess/ Gum Disease/ Oral Surgery/Dental</b>	Lavender and/or The Protective Blend	Swipe in mouth area, repeat 2-3X/day	no
	Clove	post oral surgery for pain - MUST DILUTE	<b>SDD</b>
<b>Nausea/Vomiting</b>	The Digestive Blend	Finger swipe small amt. on gums up to 1 drop in mouth for large breeds.	no
	Peppermint	Rub small amt. on stomach & between toes of back feet.	no or <b>SDD</b>
	Lavender (can use all 3)	Same as peppermint - also behind ears to calm dog	no



<b>Pain</b>	Peppermint And Frankincense	1-2 drops each oil applied to entire length of spine (part hair with comb) worked to skin. This greatly helps in reducing pain messaging to brain. Also apply 1-2 drops of both oils on area of pain or add to others. You can also apply 1-2 drops on area of pain or behind ears and/or between back toes	no or <b>SDD</b>
	also Diffuse The Calming Blend Or Lavender with Frankincense	To help keep dog calm/unstressed. Use in diffuser (4 drops total)  Could also put a couple drops on bedding or blanket to act as a diffuser	no
<b>Parvo</b>	Oregano	1 drop in 2TBS FCO for young puppies 2 drops in 1 TBS FCO for adult dog (Over 50 lbs.) Apply to stomach, between back feet between toe pads and swipe in mouth 4-5X/day for 5-8 days until all symptoms disappear and continue for 2 more days after symptoms disappear.  You will need to address other symptoms: *diarrhea ( <a href="#">The Digestive Blend</a> - on abdomen And swiped in mouth 3-5X/day), *possible anemia due to blood in diarrhea (vet care), *vomiting ( <a href="#">The Digestive blend</a> - same protocol as for diarrhea - above), *dehydration (vet care), *fever (only treat fevers above 105)  <b>Must separate from other dogs - very contagious thoroughly clean all surfaces w/The Protective Blend or 4 drops Oregano in 1 QT Water after poop clean ups.</b>	<b>SDD</b>
<b>Scar</b>	Frankincense (prevent) and/ or Helichrysm (reduce scar)	apply 1-2 drops to scar daily	no no
<b>Seizures</b>	Frankincense	Swipe 2 drops to roof of mouth and 2 drops behind each ear	no
<b>Separation Anxiety</b> (see stress/anxiety/fears)	Lavender or The Calming Blend	Diffuse and/or 1-2 drops on chest/behind ears & between back toes (calms)	no

<b>Shock</b>	Peppermint	1-2 drops behind ears & between back toes	no or <b>SDD</b>
<b>Skin Allergies/ Rash/ Dermatitis/ Irritations</b>	Lavender, Helichrysum and/or	rub 1-2 drops into affected area 2-3X/day	no
	Roman Chamomile	apply 1-2 drops (dilute) to affected areas of Irritation	<b>1:1</b>
<b>Also - See Information On Allergies</b>			
<b>Sinus Infection</b>	Eucalyptus Peppermint and Cardamom (or Lemongrass)	Diffuse 2 drops Eucalyptus and 1 drop each of Peppermint and Cardamom (or Lemongrass)	<b>1:1</b>
	The Protective Blend	Swipe 1 drop in mouth and 1 drop to each back Paw between/on side of toe pads	<b>1:1</b>
<b>Stress/Anxiety/Fears</b>	The Calming Blend, Lavender Grounding Blend	Diffuse total of 4 drops and/or put 1-2 drops on dog's chest or on bedding (or use my Serenity Collar). Repeat application of oils every 2-4 hours as needed. I find that adding Ground Blend (1 drop to chest and 1 drop to each back paw between/ on side of toe pads helps with more severe stress/anxiety/fear.	no
<b>Stroke</b>	Frankincense	apply 1-2 drops to brain stem area/back of neck 3+X/day	no
	The Calming Blend or Lavender	diffuse or apply 1-2 drops to dog's chest/ bedding/back of ears/back feet between toe pads to help dog deal with stress	no
<b>Ticks *</b>	<b>See Insect Repellent</b>		

**Note: do not use oils to get tick to back out of imbedded site - can cause tick to regurgitate and spread disease. Use pointed tweezers or tick removal tool - place on sides of tick's mouthparts/head, pushing gently against skin, pull back slowly but firmly with tweezers, until all mouthparts come out. Take to vet if mouthparts/head remains imbedded.**

**Good site for instructions: <http://www.smdc.army.mil/2008/Safety/Articles/Tickremoval.pdf>**

**After you have removed tick, treat site with:**

The Protective Blend and Lavender	1-2 drops on site	no
-----------------------------------	-------------------	----

**Toxins** - After Surgery (Anesthesia), Chemotherapy, During period when administering Drugs (Medications), Poisoning (Must rush to emergency veterinary immediately) oils will help with any residue toxins/side effects

	Roman Chamomile	rub 2 drops over liver area 2-3X/day to liver detox body	1:1
<b>Tumors</b>	and Lavender Frankincense	Rub 1-2 drops behind ears & between back toes directly on tumor, 2-3X day til tumor gone (if tumor cancer - consult vet)	no no
	Essential Oil Cellular Cellular complex	3 drops in food (moist/canned) 2X/day	no
<b>Urinary Tract Stones/Crystals</b>	The Digestive Blend, Lemon and Frankincense	2 drops each in 1 Tablespoon FCO, dip finger in mixture and apply over bladder and kidneys 5-6X/day plus swipe some in dog's mouth. Do this protocol for 4-5 days. If no improvement, gets worse or you have serious straining to urinate and/or blood in urine - TAKE TO VET!!!	SDD
		Also diet is very important issue for this problem in dogs. Corn (especially), soy and wheat are known culprits for this problem. Must switch to high quality food without these grains and high quality meat protein (vet specialty foods are not in this category)	
<b>Vomiting</b>	See Nausea above		
<b>Warts</b>	The Protective Blend	directly on wart, 2-3X/day until wart falls off	no or SDD
<b>Wounds</b>	First clean wound with the Protective Blend Foaming Hand Soap	Wash and then rinse and allow to dry	
	Frankincense, and/or Helichrysum and/or Lavender	apply 1-2 drops into wound 1-2X/day to protect from infection and help close wound and minimize scarring	no

**This is a great site to find quality dog food (only go with 4-5 star foods with no grains):**  
<http://www.dogfoodadvisor.com/>

**Some References Used:**

[www.thewholedog.org/EOfleas](http://www.thewholedog.org/EOfleas)

[www.natural-dog-health-remedies.com](http://www.natural-dog-health-remedies.com)

"Holistic Aroma Therapy for Animals" by Kristen Leigh Bell

[www.ncbi.nlm.nih.gov/pubmed/8197716](http://www.ncbi.nlm.nih.gov/pubmed/8197716)

[www.dogchannel.com/holistic-dog-care/article-5543](http://www.dogchannel.com/holistic-dog-care/article-5543)

[www.essential-oils-lifestyles.com/aromatherapy-for-dogs](http://www.essential-oils-lifestyles.com/aromatherapy-for-dogs)

"Modern Essentials - A contemporary guide to the therapeutic use of essential oils"

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.

**WARNING:** Many essential oils on the market contain synthetics which should not be used. Only certified pure natural therapeutic grade essential oils should be used for safe and reliable results.

**Note:** All Blends/Complexes/Supplements: I will use the descriptive names, not the proprietary registered names.

To learn about the brand of essential oils and supplements that I recommend for your family and pets and how to purchase these powerful natural products at the best available prices go to: <http://www.thedogoiler.com/>

by Skye Patterson - ©Revised 10-Oct-14  
[skypatterson@juno.com](mailto:skypatterson@juno.com)