

Safety Guide for Essential Oils and Animals



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Introduction

When one looks on the Internet, there is so much information about Essential Oils and a lot of inaccurate information. I always find it fascinating that we are willing to use air fresheners, deodorants, scented candles, etc., around our animals but fear using essential oils.

As a Level 2 qualified Animal Aromatherapy Specialist in South Africa, I decided to write this Safety Guide to assist you in using essential oils with your animals with confidence.

I am passionate about Essential Oils as it helps the animals (and us) mentally, physically and emotionally.

It is important to note that not all essential oils are created equally and that there is no regulation on them. So the question is: is the essential oil you're using really 100%? Like Lavender for example: does it have dilutants, synthetics or other essential oils in them? Are there traces of pesticides in them?

It is therefore important to do your research through finding out if the companies have 3rd party testing, to find out who their sources are, etc. Below is a link to an independent study of various oils overseas:

<https://www.consumersadvocate.org/essential-oils>

It is important to use pure therapeutic or medicinal grade Essential Oils for your animals (and yourself).

Here are some questions you can ask the essential oil company and facts to consider:

1. Ask for a report of their sourcing and quality standards.
2. Contact the company or visit their website to see if they sell pure oils. Ask them for a batch specific gas chromatography – mass spectrometry (GC/MS) report to see if there are any adulterants in the oil. Can they readily supply a batch-specific report (GC/MS) on the oil they sell?
3. Can the company readily provide material safety data sheets (MSDS) upon request?
4. What is the common name, Latin name (exact genus and species), country of origin, part of the plant processed, type of extraction (distillation or expression) and how it was grown (organic, wild-crafted and traditional)?
5. Is it indigenously sourced? Native plants have a better nutritional profile because the soil was designed to feed indigenous plants with what they need most.

Now that you are armed with the how-to-find the right oil for your animal, please enjoy this safety guide that I have written especially for you.

3 ways of using essential oils

Aromatic Use

Diffusion (water diffuser is preferred with the intermittent setting of 5 min on and 5 min off.) We do not use diffusers that pull directly from the essential oil bottle or reed oil diffusers.

Spraying diluted essential oils directly into the air, on bedding, or a cloth that you place near them.

Direct inhalation self-selection/self medication/zoopharmacognosy. This we do by either placing one drop on our hands, patting them together and then letting them smell, or by letting them smell near the bottle with the lid on. In this way we allow them to select what they feel they need. Giving your animals the right to choose reduces stress and increases the bond between you. Animals have a more highly developed olfactory system than us, so always remember this when you are doing self-selection.

Topical Use

Dilute the essential oil for topical application.

Direct the diluted application along the spine. You can pat one drop of essential oil between your hands and pat down either side of the spine from neck to tail, or you can go against the hair too.

One can massage the diluted essential oil directly onto the area of need on the animal, e.g. shoulder area using circular motions or massage techniques.

Ear Tipping, which is applying the essential oils to the tips of the ear. Be careful not to let the oil run into your pet's ear.

Massage directly on to paws or the coronet band (only if the animal doesn't mind paws being touched).

Indirect topical application through modalities like cat litter box for cats or where an animal may frequently be in indirect contact with the oils.

Internal Use

Use only oils that are indicated for internal use.

Only 1 to 2 drops internally at any one time in a capsule with carrier oil or on wet food.

I like adding probiotics.

Place a drop onto your finger and rub along the gums of the animal.

Do not give any product containing xylitol/birch sugar in beadlets or toothpaste.

Cats groom themselves and therefore topical use becomes internal use so make sure all oils used for cats are for internal use only. Do not use topically everyday. I do not recommend giving essential oils directly for internal use with cats.

DIFFUSION IS PREFERRED WITH CATS

Diffusing around animals safely

Use only 3-4 drops on intermittent function with a water diffuser.

Do not use diffusers that pull directly from the essential oil bottle or a reed diffuser.

Always leave the door and windows open so the animal can leave the room when they have had enough.

Always watch for about 20 minutes when introducing a new oil.

If the animal is sensitive, turn off the diffuser immediately and take them outside into the fresh air. Contact your vet if you are concerned at all.

Your animal is an individual, so always learn what works for them personally



Top 10 Essential Oils for Animals

Lavender

Calming for emotions, soothing for skin irritation, helps with restful sleep, helps them connect.

Myrrh

Soothing for skin, helps with emotional well-being, great cleansing properties for mouth and gums and analgesic.

Black Spruce

Grounding and balancing oil, helpful in behavioural conditions and the releasing of emotional blocks.

Frankincense

Helps with relaxation and balancing of mood, anti-inflammatory, supports healthy cellular function and rejuvenates skin.

Copaiba

Anti-inflammatory, supports gastrointestinal, liver, urinary tract, cardiovascular system and more. This is a very versatile oil.

Green Mandarin

Antiseptic, antispasmodic, supports emotions and is uplifting and soothing.

Lemon

Antibacterial, great for using in home-made non-toxic products, can be used as an air purifier.

Helichrysum

Anticoagulant brings body to point of homeostasis, there is not much that this oil does not contribute to.

Ginger

Promotes healthy digestion, soothes occasional stomach upsets, eases feelings of queasiness, great for using before car rides.

Roman Chamomile

Indicated for behavioural concerns, detoxification, calming effect on skin, mind and body, supports healthy immune function



Using Essential Oils with Dogs

Essential oils can be used aromatically, topically and internally with dogs.

Aromatically

Diffuse with a water-based diffuser and make sure they can leave the room.

Dogs have a highly developed olfactory system and have about 300 million to our mere 5 million sensory receptors so less is more when it comes to essential oils.

Observe behaviour when introducing new oils (see diffusing tips on page 20).

Topically

Dilute correctly for your dog's size (see dilution guide on page 19).

Let them smell the essential oil with the lid on to see if there is a positive response to indicate which oil should be used.

Avoid eyes, genitals, inside ear, and nose area.

Internally

Use only if absolutely necessary and make sure the essential oil is marked for internal use.

Add 1 – 2 drops in wet food or capsule.

Do not give any products with Xylito/Birch sugar.

Use a probiotic with essential oils.

Dogs and Certain Essential Oils

Birch, Melaleuca (tea tree), Wintergreen we avoid.

Hot Oils we use with caution and increased dilution: oregano, cassia, cinnamon, clove, rosemary, thyme.

Citrus Oils are photosensitive so be aware of this with topical use.



Essential oils and Cats

Cats lack an enzyme called glucuronyl transferase which means they metabolize differently to other animals.

Because of this lack of enzyme, you will find they do not get the same medicines as dogs.

Dilution is 0.25% to 1%

I very rarely use essential oils topically and internally with cats and recommend this is done with a qualified Level 2 Animal Aromatherapy Specialist.

Diffusion is preferred.

Cats and certain essential oils.

Birch, Melaleuca (tea tree), Wintergreen, cassia, peppermint, citrus oils (this can be diffused), phenol and eugenol oils stay away from.

Hot Oils we use with caution and increased dilution: oregano, cinnamon, clove, rosemary, thyme.



A lovely way to add the essential oils topically is to massage them onto the paw, if you animal allows it.



Using essential oils with Birds

Birds have a unique respiratory system which makes them sensitive to essential oils.

A water diffuser is recommended to be placed in a well-ventilated area and away from the bird cage and away from a free roaming bird.

Start slow, with 1 drop and watch how they respond to the oil.

Stick with 1 – 2 drops for 4 weeks to see how they go.

Be aware of any health issues before using essential oils.

Don't use any oils containing Thujone.

Avoid hot oils like : oregano, cassia, cinnamon, clove, rosemary, thyme.

Topically, water misting can be used.

Internal Use – adding to water or feed under a supervised Level 2 Animal Aromatherapy Specialist.

Oils to start with for birds:

- Hydrosols, especially with tiny birds
- Orange
- Lavender
- Frankincense
- Helichrysum

Essential Oils with Rabbits, Rats and More

Rabbits, sugar gliders etc have a very sensitive digestive system and so we do not want to unbalance their gut in any way with essential oils, so a water diffuser is preferred. Avoid hot oils that can affect their digestive system – cinnamon, clove, oregano etc If your small animals are inside and you need to diffuse one of these oils, make sure you give them a probiotic and keep them away from the area.

Diffuse away from their cage and in a well-ventilated area, or if they are free roaming, where they cannot get to it. Start with one drop and no more than 2 drops in a water diffuser.

With regards to Rats, they have a keen sense of smell and strong odours can overwhelm them and irritate their respiratory system. Did you know that you shouldn't use pine shavings for example in their cages as the combination of urine and phenols in pine shavings damages their respiratory system. Below is a link to Rat Guide where you can learn a lot about these loving animals.

[Rat Guide – A Layman's Guide to Health, Medication Use, Breeding, and Responsible Care of Pet Rats](#)

They love soothing oils like helichrysum, frankincense and lavender

Using Essential Oils with Horses, Cattle, Sheep and Goats

Allow your animal to self-select the oil he likes.

Do not use oils near eyes, inside ears, near genitals and nose.

Dilution for topical use of hot oils.

Use a carrier oil only for dilution (fractionated coconut oil).

Do not apply to saddle area when you are going to ride.

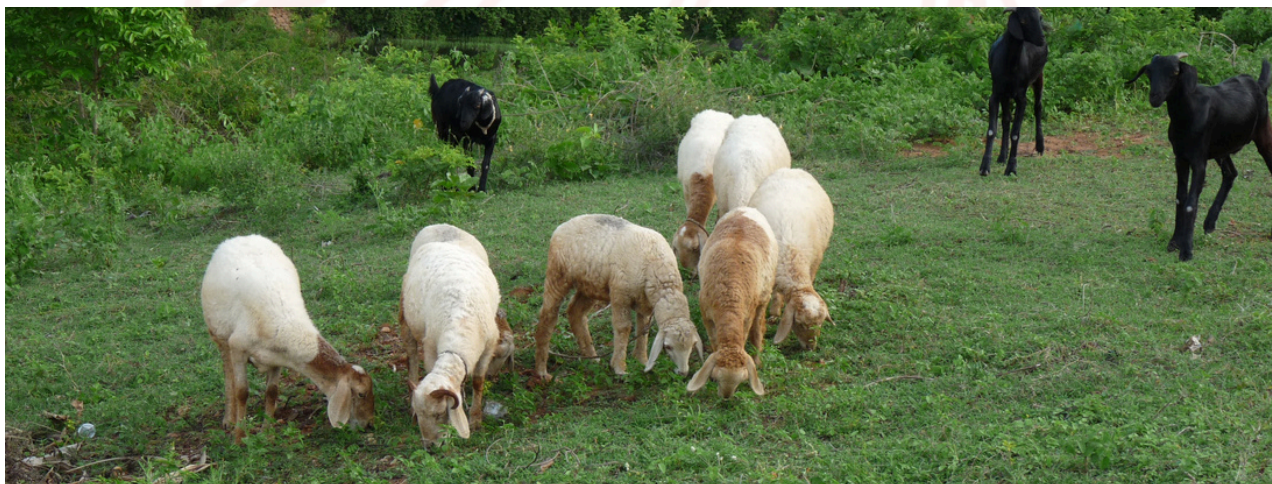
Always observe their behaviour with the introduction of new oils.

In the unlikely event of an adverse reaction topically do not dilute with water! Dilute the area with fractionated coconut oil.

Essential oils can be applied to the animal's coronet bands.

Essential oils can be used to repel insects and support their immune system and stress, amongst other things.

Caution around animals that are pregnant, nursing, young or on medications.



Reptiles and Amphibians

Water diffusion is preferred with these animals in a well-ventilated area and about 1 – 3 drops only.

If one is going to use it topically it is 1 drop per 30 ml carrier oil is imperative for reptiles only (NOT Amphibians).

Oils commonly used for reptiles and amphibians are copaiba, frankincense, citrus oils, lavender etc



Extra Tips and Recap

- Water-based diffusers with intermittent setting in an open area are the best.
- Always start out with a higher dilution for topical.
- Always know your animal's health status.
- If your dog/cat has epilepsy or seizures you should avoid the following essential oils: Basil, Tarragon, Rosemary, Camphor, Fennel, Hyssop, Nutmeg, Sage, Eucalyptus and Wintergreen.
- If your dog/cat has bleeding disorders, is on anti-coagulant therapy or has difficulty clotting, you should avoid the following essential oils: birch, blue tansy, cassia, cinnamon, clove, wintergreen, marjoram, fennel, ginger, patchouli, thyme, and oregano.
- Pregnant cats/dogs caution should be taken with Arborvitae, Wintergreen, Clove, Thyme, Rosemary, Birch, Oregano, and Eucalyptus.
- Anti-diabetic oils include clove, lemongrass, melissa, oregano, turmeric, geranium, fennel.
- Use only therapeutic or medical grade essential oils.
- Always check if the essential oil can go with the medication your animal is on.

- Never give any products containing xylitol or birch oil.
- In the event of an unlikely adverse reaction when using topically, dilute the area further with a carrier oil.
- Remember less is more when it comes to essential oils.
- Always make sure of the Latin Name and check if it is the one we use with animals. For example Lavender could be *Lavandula Latifolia*, which is Spike Lavender and we do not use this with animals, we use *Lavandula Augustifolia*.



Dilution Guide for Topical Use



TOPICAL DILUTION GUIDE

www.ingridliberte.com

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Concentration % Essential Oil Drops Carrier Amount

0.5%	1 drop	10ml
	2 drops	15ml
	3 drops	30ml
1%	1 – 2 drops	5ml
	2 – 3 drops	10ml
	3 – 4 drops	15ml
	6 – 7 drops	30ml
2%	2 – 3 drops	5ml
	4 – 5 drops	10ml
	6 – 7 drops	15ml
	12 – 13 drops	30ml
3%	3 – 4 drops	5ml
	6 – 7 drops	10ml
	9 – 10 drops	15ml
	18 – 19 drops	30ml
4%	4 – 5 drops	5ml
	8 – 9 drops	10ml
	12 – 13 drops	15ml
	24 – 25 drops	30ml
5%	5 – 6 drops	5ml
	10 – 11 drops	10ml
	15 – 16 drops	15ml
	30 – 31 drops	30ml
10%	10 – 11 drops	5ml
	20 – 21 drops	10ml
	30 – 31 drops	15ml
	60 – 61 drops	30ml

- Cats 0.5 – 2%
- Rabbits, small rodents and reptiles 0.5 – 1%
- Dogs, small dogs up to 10kg 0.5%, 10kg and up 0.5% for hot oils and gentle oils up to 3%
- Goats/Sheep 2 – 10%
- Horses 5 – 10%

Free Recipes

Diffuser Recipe for Dogs and Cats

Chillax Blend

- 2 drops of Lavender
- 1 drop of Copaiba
- 1 drop of Roman Camomile



Room Freshener Spray.

- 2 teaspoons Vodka
- 10 - 20 drops Vanilla essential oil
- 1 cup distilled water

Add to a glass spray bottle and shake before use.



Free Surface Spray Recipe

- 250ml plain castile soap
- 500ml distilled/boiled or filtered water
- 20 drops Lemon Essential Oil
- Optional addition 10 drops of basil essential oil

Add all in a glass bottle and shake before use.

Store in a cool place



Contact us here:

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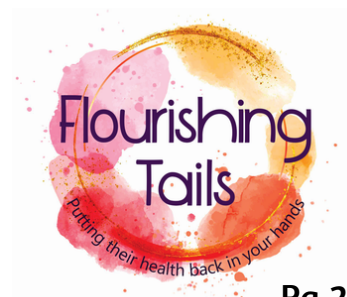
Website: <http://www.assar.co.za/>

Facebook: <https://www.facebook.com/pages/Australian-Shepherd-South-African-Rescue-Organisation-ASSARO/212798722139951>

Flourishing Tails

Flourishing Tails is a subscription based group in FB that helps pet parents out the health of the animal back in their hands through prevention, essential oils, herbs, non toxic environment and more. There are question sessions and training sessions and more.

To join please email flourishingtails@gmail.com



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About The Author

Ingrid is the first qualified Animal Aromatherapy Specialist (Level 2) in South Africa and one of the first in the world. She has over 12 years of experience working with animals in the vet field as a vet assistant and she runs Australian Shepherd SA Rescue Org since 2012 where she work experience working with animals in the Vet Field as a Vet Assistant.



Ingrid runs the Australian Shepherd South African Rescue Organization (since 2012) where she works with rescue dogs, feral cats, horses, ducks, geese and chickens.

In addition to this Ingrid is also an international speaker on the topic of animals and essential oils, In addition to this she is an animal doula. She also runs her own subscription group on Facebook, called Flourishing Tails, where she helps guide you to use essential oils and herbs for specific conditions and teaches you how to make your own healthy treats and non-toxic products for the home and much much more.

She loves using her training and experience to help animals physically, mentally, spiritually, and emotionally – the whole animal.