

50 super cool things you should know

About Using Essential Oils for the HEALTH of Your Horse

1. Many essential oils are safe for use with your horse, but some are not.

2. Essential oils can be used with your horse in 3 ways; aromatically, topically and internally (not all oils can be used in all ways).

3. Not all essential oils are created equally and animals, in general, are more sensitive to them than people are, so finding which oils are safe, and which are not, is paramount.

4. Horses have up to a million sensory receptors (compared to a human who has only 6 million).

5. Horses only breathe through their nostrils (not their mouths).

6. Essential oils can, in some cases, reduce or eliminate the need for synthetic medication for your horse.

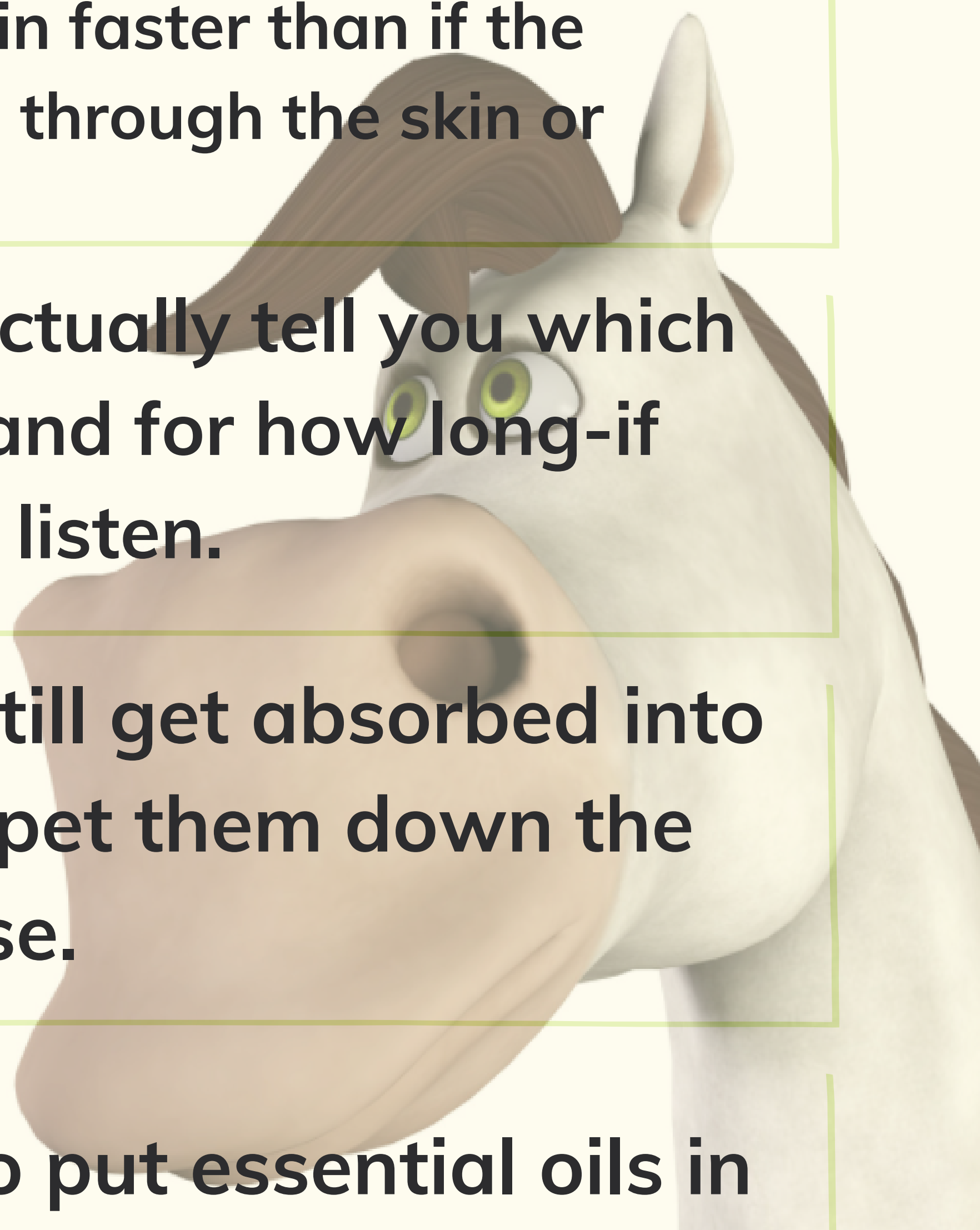
7. Essential oils, when used properly, have no side effects or risks of addiction.

8. When a horse inhales an essential oil, the molecules get to his brain faster than if the essential oil is absorbed through the skin or ingested.

9. Your horse can actually tell you which kind of oil he needs, and for how long-if you can only learn to listen.

10. Essential oils still get absorbed into the skin even if you pet them down the fur coat of your horse.

11. It is never ok to put essential oils in your horse's eyes or ears.



12. When essential oils are applied topically, they are absorbed into the bloodstream within minutes.

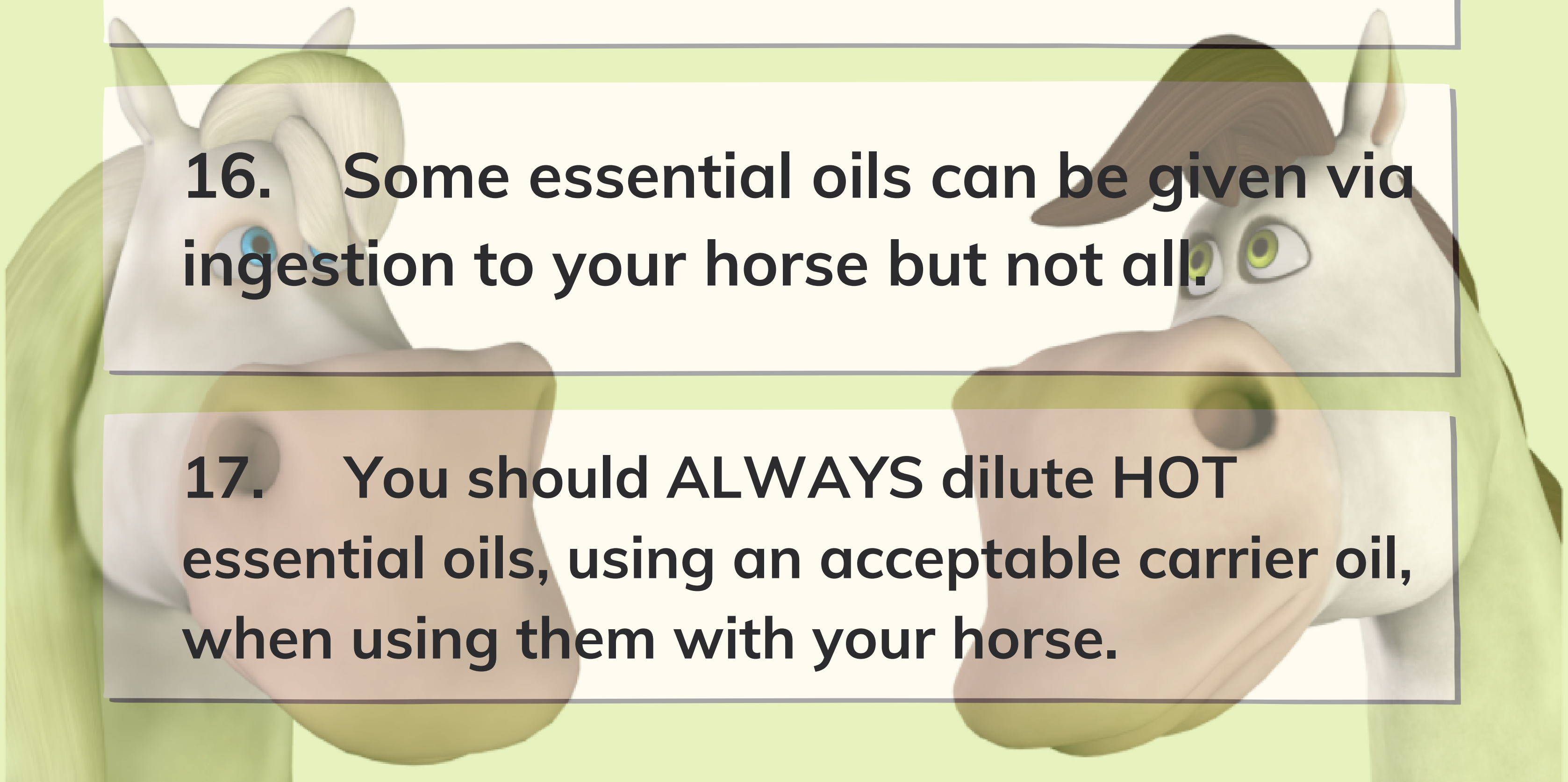
13. Essential oils can be used in combination with acupuncture and massage for your horse.

14. While horse's brains are, generally speaking, about the size of a small child, their smelling abilities are 50 times more than any humans'.

15. Essential oils can be used alone or in combination to get the best effect.

16. Some essential oils can be given via ingestion to your horse but not all.

17. You should ALWAYS dilute HOT essential oils, using an acceptable carrier oil, when using them with your horse.



18. Diffusing essential oils around your horse is a really good way to administer them.

19. Adding a carrier oil to an essential oil when using it topically does not dilute the oil, it actually allows it to get absorbed into the skin more slowly.

20. Essential oils have both physical and chemical reactions in the body and can help with both physical and emotional concerns with your horse.

21. The single most important safety factor when using essential oils with your horse is the purity of the oil.

22. Animals and humans metabolize essential oils differently and therefore it's important to remember that you cannot take human information about using essential oils and apply it to your horse.

23. Some veterinarians use essential oils in their practices.



24. Lavender essential oil may be used to help your horse rest, or to calm him down during stressful situations.

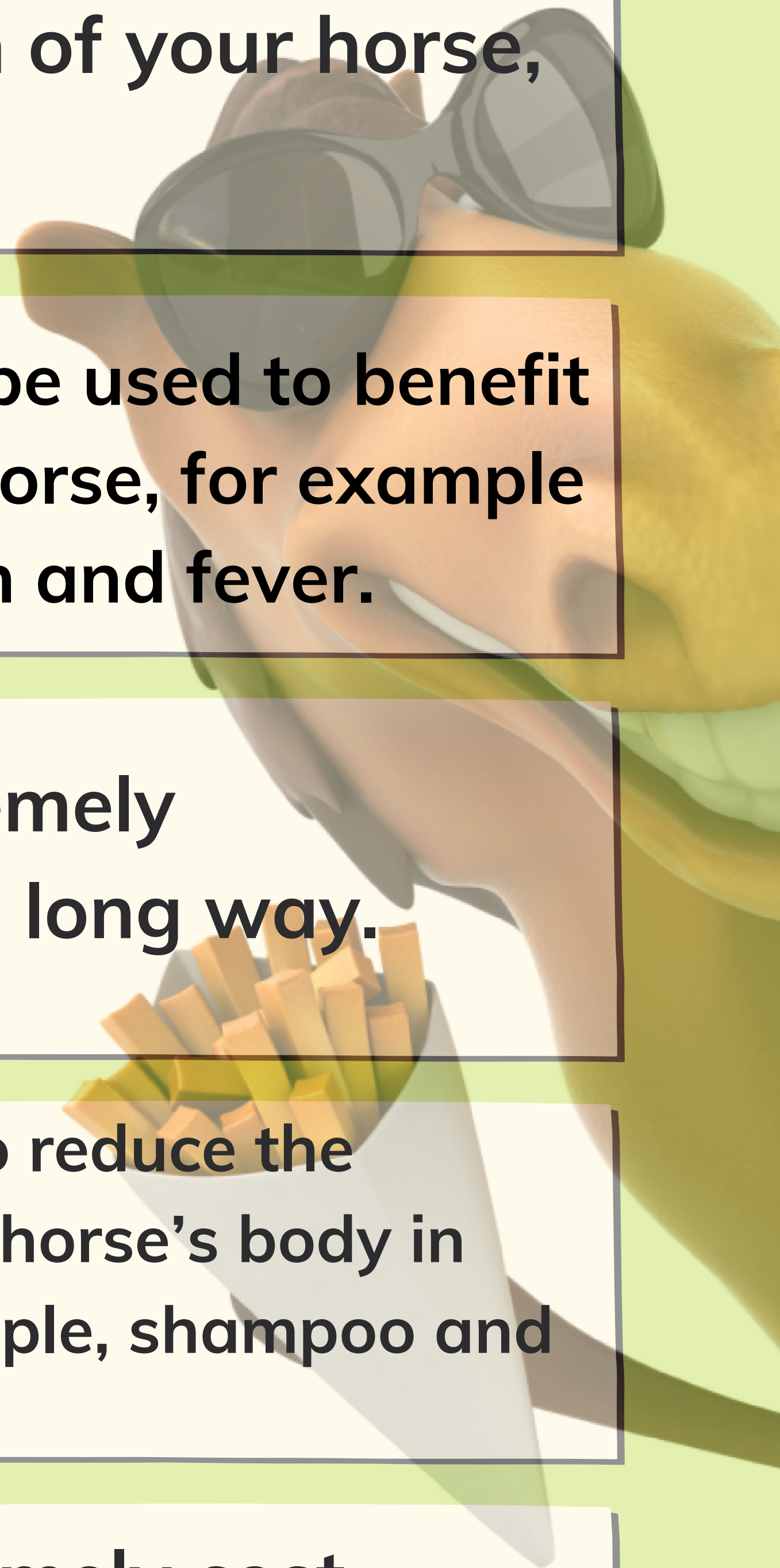
25. You can safely and successfully use essential oils for the health of your horse, but you have to learn how.

26. Many essential oils can be used to benefit more than one thing in your horse, for example peppermint for both joint pain and fever.

27. Essential oils are extremely concentrated, a little goes a long way.

28. You can use essential oils to reduce the number of toxins you put in your horse's body in every day products, like for example, shampoo and conditioner.

29. Essential oils are extremely cost effective. A "dose" is generally two to five drops.



30. While some horses may be sensitive to essential oils, an actual *allergy* would be extremely unusual.

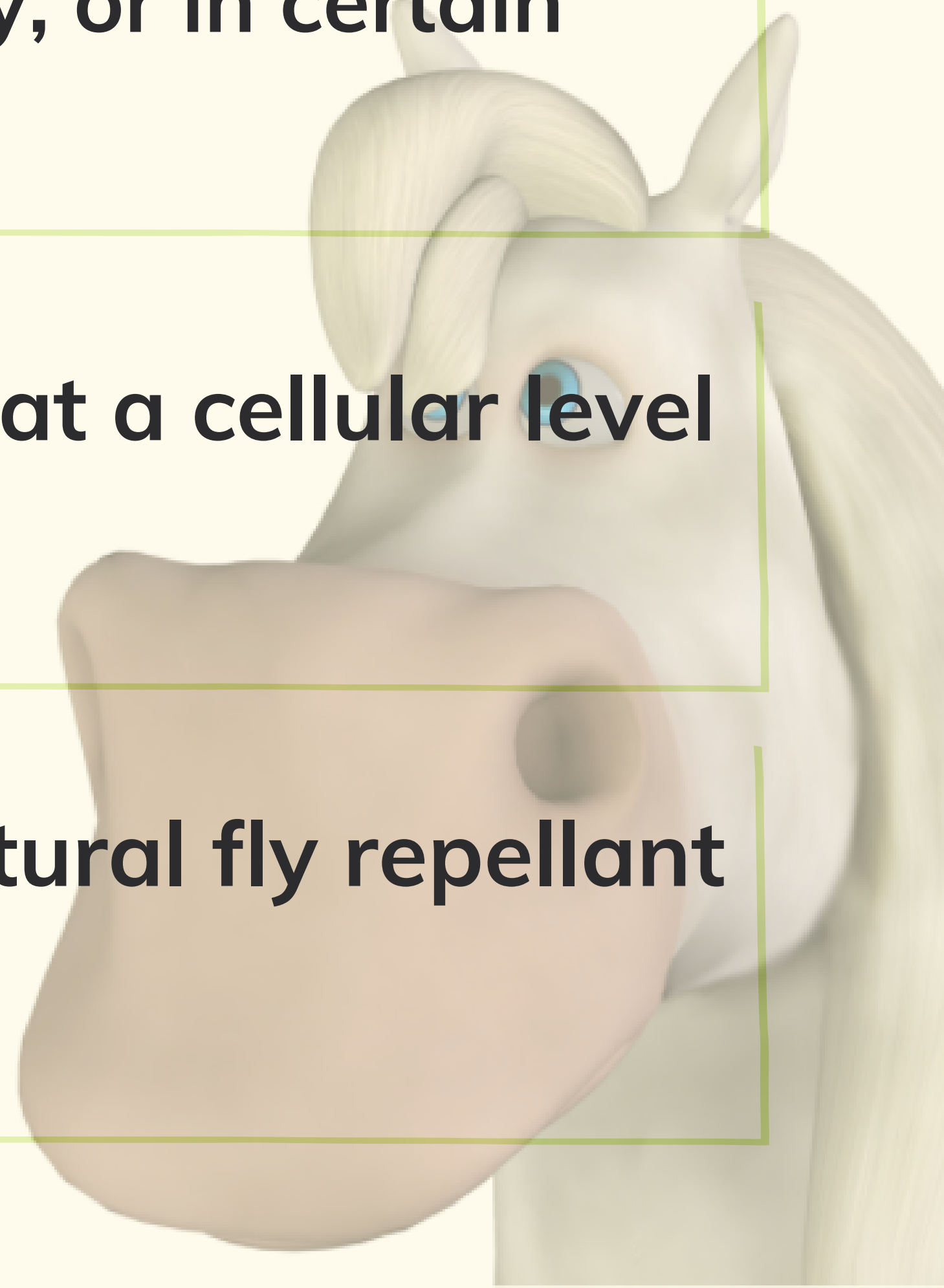
31. You can help your horse's gas/flatulence with essential oils.

32. Using essential oils in conjunction with prescribed medications can assist the prescribed medication in doing its job.

33. Essential oils can help with your horse's anxiety either daily, or in certain situations like trailering.

34. Essential oils work at a cellular level in your horse.

35. You can make a natural fly repellent using essential oils.



36. Aromatouch is an amazing oil for massage and almost all horses LOVE it!

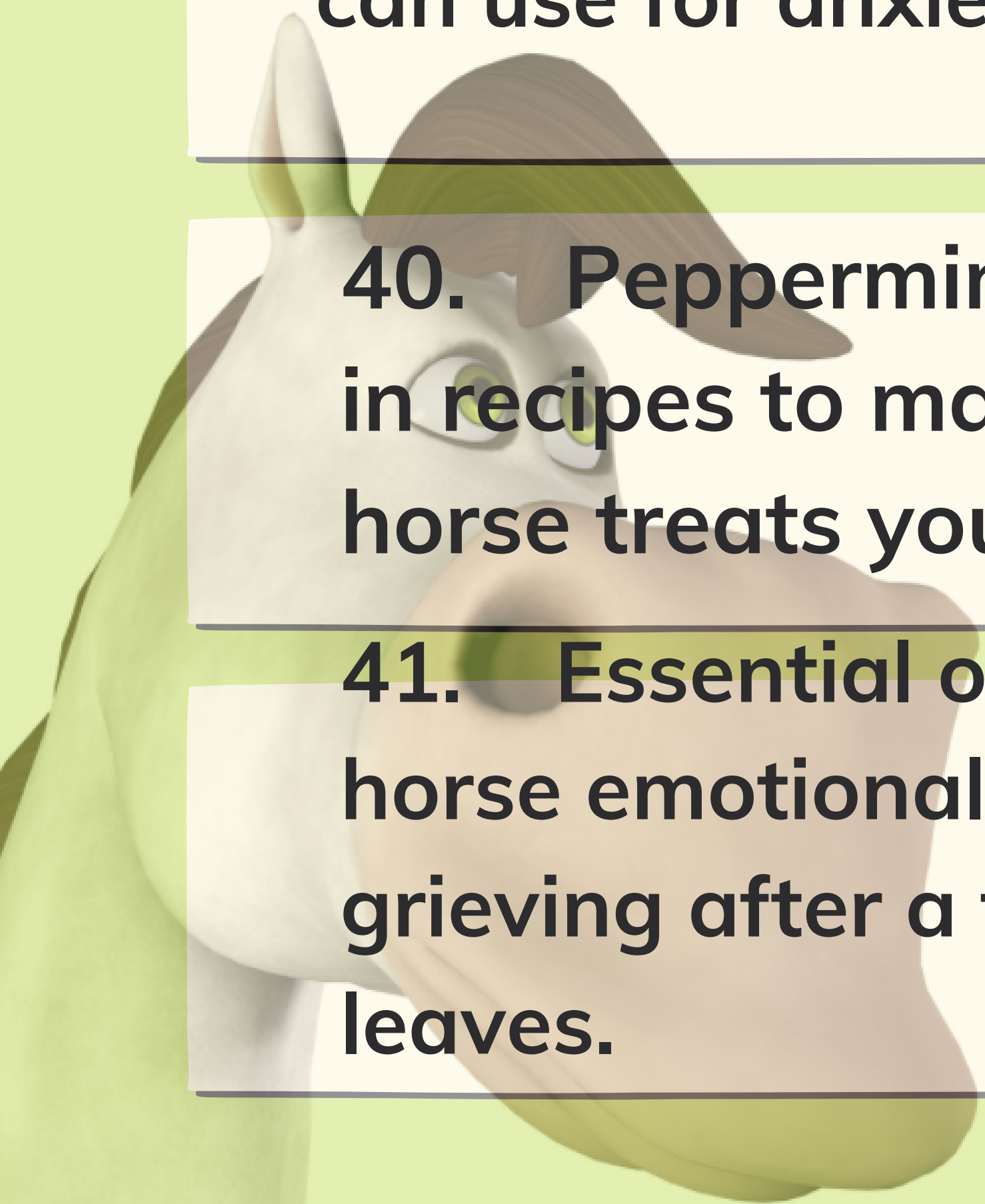
37. Essential oils can help if your horse has diarrhea or constipation.

38. Essential oils can help with pain in your horse.

39. There are at least 6 essential oils you can use for anxiety with your horse.

40. Peppermint essential oil can be used in recipes to make natural, good-for-you horse treats your horse will ♥ !

41. Essential oils can be used to help your horse emotionally, for example, when grieving after a trusted friend or human leaves.



42. Some essential oils, when exposed to the sun, can cause skin burning so you must be careful with any essential oils that are 'photosensitive'.

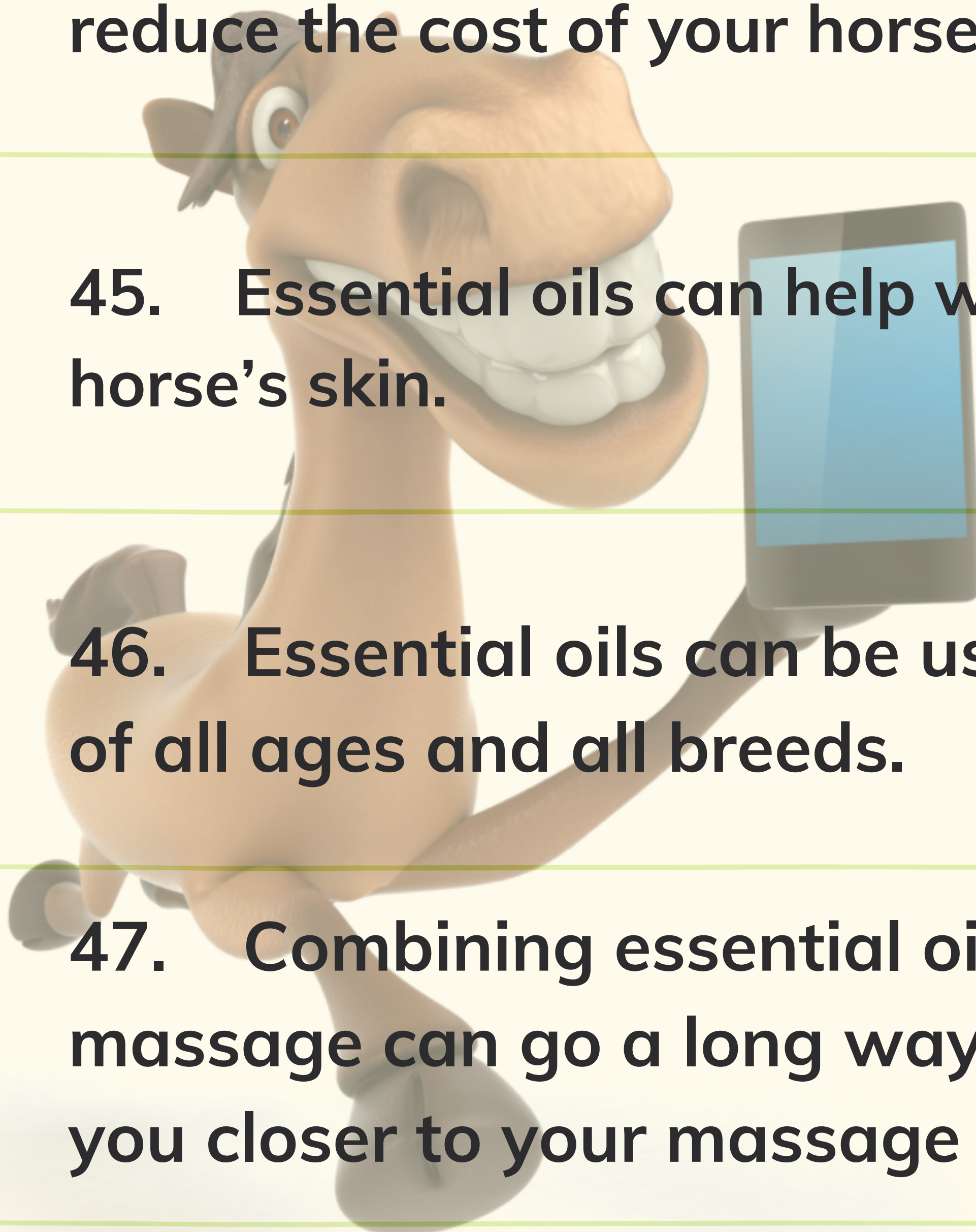
43. Horses, dogs and cats are very different. Don't ever take horse essential oil information and apply it to your dog or cat.

44. Using essential oils can help you reduce the cost of your horse's healthcare.

45. Essential oils can help with your horse's skin.

46. Essential oils can be used on horses of all ages and all breeds.

47. Combining essential oils with massage can go a long way in moving you closer to your massage goals.



48. You can use essential oils in healthy horses – to help them be healthier.

49. Essential oils can be used in both chronic and acute problems with your horse.

50. Using essential oils with your horse allows you to be more involved and take a hands-on participation in your horse's happiness and future.

Hi, I'm Chris Huppe, a holistic RN, ADAEP and Certified Animal Aromatherapy Specialist.

I TEACH people how to use essential oils for their horses because they are an excellent alternative to costly medications that can bring side effects and risks.

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