



HORSE ESSENTIAL OIL CHART

- Horses are MUCH more sensitive to essential oils than humans.
- Never force an essential oil on a horse
- Allow a horse to choose and breathe what they need and the length of time they need with a particular oil offering only about once per week unless their health or oestrus dictates otherwise.
- If they breathe in 3-4 oils in a session, stop and offer others another day as more in one session will overwhelm the horse.
- The horses' choice may not always be what you would have chosen.
- Never put an oil on a horses' skin or allow them to ingest an oil unless advised to do so by a health care practitioner. Citrus oils can burn the skin in sunlight.
- Essential oils are not a replacement for traditional medicine.

Bergamot – Soothing, relieves anxiety, stimulates digestion, strengthens the immune system; antiseptic, anti-itch, anti-parasitic, diuretic.

Carrot Seed – Promotes circulation, flushes toxins from the body and restores health to cells, arthritis, joint pain, muscular discomfort, worm infestation, general liver function.

Chamomile Roman (3% blend)- deep relaxation effect, soothing, anti-inflammatory, supports liver and stomach function, skin problems and allergic skin reactions, anti-anxiety, arthritis, insect bites, joint discomfort, minor cuts, muscle tension and stress.

Clary Sage - antidepressant, antispasmodic, deodorant, emmenagogue, hypotensive, nervine, sedative, provides euphoric action, balances uterine issues, helps relax spasms of asthma.

Eucalyptus Essential Oil (toxic if ingested) - opens respiratory tract to relieve breathing difficulties from colds, coughs or allergies, strengthens the immune system, repels insects.

Frankincense (Frereana) - Relieves sorrow and anguish, strengthens the immune system and heals the skin, depression, for horses who have had a taxing illness or skin problems.

Garlic - Antibiotic, antifungal and anti-parasitic, assists breathing, when ingested helps build up the immune system, insect repellent.

Ginger - colds and flu, nausea, rheumatism, coughs and circulation issues, warming properties relieves muscular cramps, spasms, aches, joint stiffness, aphrodisiac, eases anxiety, renews vitality and self-confidence.

Grapefruit - spiritual up-lifter, eases muscle fatigue and stiffness, eases nervous exhaustion and relieves depression.

Juniper Berry - Relieves worries and clears the energy field and heart chakra of debris from the past.

Lavender - Analgesic, antiseptic, anti-anxiety, stimulates healing, expectorant, insect repellent, relieves breathing difficulties, general pain and stress relief, soothes and nurtures frazzled horses.

Lemon - Antioxidant, antiseptic, antispasmodic and astringent, regulates internal temperature –lowers elevated or raises low temperature, strengthens immune system, arthritis, minor cuts and muscle pain, provides focus.

Orange (Sweet) - Envelopes horse in a happy hug of warmth and provides self assurance.

Patchouli - Provides grounding and keeps horse aware of his feet.

Peppermint - Analgesic, expectorant and anti-inflammatory, stimulates circulation, rejuvenates emotions, treats breathing difficulties, pain, joint discomfort, mental clarity, muscle tension, stomach disorders and helps remove toxins.

Rose Damask (3% blend) Useful for the heart chakra and to calm strong oestrus cycles.,brings about self acceptance.

Rosemary - balances intense emotions and controls mood swings, assists in managing stress/overcoming stress-related disorders, nervous exhaustion.

Sandalwood (1% blend)- Antispasmodic, antifungal and astringent, relieves breathing difficulties, restores emotional health, combats panic, alarm and distrust, arthritis, muscle discomfort, respiratory infections, minor cuts and sedation.

Violet Leaf (3% blend) - increases emotional health, calms, encourages toxin removal by supporting liver function, quiets, settles, soothes and relaxes horses, for nervous horses or ones that will be undergoing or have undergone lifestyle change (new owner, living arrangement, loss of stable mate, Aspirin base, do not use internally).

Wintergreen - traditional native North American remedy, used for aches and pains and to help breathing while hunting or carrying heavy loads. has a history of use as a pain reliever, believed to increase the speed of healing for skin disorders.

BLENDS

Energy (Peppermint, Rosemary, Lemon, and Eucalyptus)

Absolutely uplifting and revitalizing.

Fear (Grapefruit, Bergamot, Orange, Clary Sage, Frankincense, Jasmine %, Roman Chamomile, Vetiver, Sandalwood) everyone experiences fear, especially when working with horses. It is a healthy emotion, until it overwhelms us or gets stuck in our bodies. This blend helps us to process and let go of fear to move forward.

Focus & Clarity (organic) (Peppermint, Rosemary, Lemongrass and Cajeput) awakens the mind, illuminates thoughts and heightens senses, helps improve mental clarity and concentration. Use in situations where clear thinking and mental stimulation are required.

Happiness (Grapefruit, Orange, Lemon, Rose, Neroli) for use when you want to bring happiness to the forefront of your emotions.

Immune Boost (Frankincense, Tea Tree, Rosemary, Lemon, Eucalyptus, and Orange Sweet) immunity enhancing properties.

Invigorating (Sandalwood, Black pepper and Lemon) perfect for the office, promotes vigor and mental strength.

Joy (Lemon, Bergamot, Roman Chamomile %, Rose %, Jasmine %, Mandarin, Geranium, Rosweod, Ylang Ylang, Palma Rosa) joy is a feeling that springs from within. The fragrance inspires romance and togetherness. Very refreshing and uplifting.

Meditation (Ylang-ylang, Patchouli, Frankincense, Clary Sage, Orange Sweet and Thyme) – do not use on pregnant mares - good for promoting a meditative state.

Meditation Clarity (Cajeput, Rosemary, Tea Tree and Spearmint) helps clear mental muddle, heightens the senses and eases fatigue. Warm, uplifting, soothing aromatic blend help you concentrate and achieve inner peace during meditation.

Mental Clarity (Bergamot, Basil, Lemon and Grapefruit) enhance mental focus; for large projects and tasks requiring clear, decisive mental thought.

Pain Away (Wintergreen, Peppermint, Clove, Helichrysum) soothing to the skin, comforts and warms muscles, ligaments, tendons and stiff joints.

Present (Neroli, Grapefruit, Spruce, Ylang Ylang) this is an excellent fragrance to wear especially when training with horses – keeping you in the moment. It embodies the way horses live and want us to live – in the moment, rather than in the past or future.

Relaxation (Lavender, Marjoram, Patchouli, Mandarin, Geranium and Chamomile) promoting a peaceful, relaxed state. Try after a particularly trying day.

Sinus Relief (organic) (Cajeput, Peppermint, Vetiver and Chamomile) relieves sinus pain/pressure, unclogs blocked sinuses, allows comfortable breathing, eases pressure headaches.

Stress Relief #1 (Bergamot, Patchouli, Blood Orange, Ylang-ylang, and Grapefruit) useful in reducing stress and its side effects. **Winter Blues** (Grapefruit, Orange, Ylang Ylang) brightens those bleak days and is mindful that springtime or positive change is just around the corner. Great to use at all times of the year – and good for a horse who is stuck inside.