**DoTERRA Oils for Horses**

A wash: 30-40 drops/ ½ litre of warm water

**Important Note**:  Essential oils are not meant to be a substitute for responsible veterinary care. Always consult your vet regarding any matters relating to your horse’s health in particular any symptoms which may require diagnosis or medical attention.  Consult your vet if you want to use essential oils internally for your horse.

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

**Essential oils can be used for numerous equine conditions and applied:**

* To the skin as the essential oil will pass through the skin into the bloodstream
* Be breathed in where the essential oil will reach the emotional centre and other parts of the brain and may affect emotions and bodily functions.
* Due to DoTERRA essential oils being pure (being tested 7 times for purity) the food oils can also be ingested. Please note that it is advisable to consult your vet.

Depending on the essential oil they balance, stimulate, sedate or heal.

* For wounds/skin conditions etc you can dab\* the oil directly on the affected location
* For respiratory issues, dab\* the oil on the chest and let the horse inhale the oil
* For emotional issues, let them inhale the oil and dab\* it on their forehead or poll – avoid the eyes and inner ear
* For specific conditions see below

\*Please see dilutions

**Test The Horse First**

* Before applying oils allow the horse to smell it. Test the oils in this way every time before applying them. (**Never** allow the horse to touch the bottle/lid).
* **Do not** use an oil if the horse dislikes it, e.g.turns his head away from an essential oil when he sniffs it.
* If the horse likes the smell allow the horse to lick the oil if it is **ingestible**. Only allow 1 drop as horses are sensitive. (Some oils must be diluted first)
* If the horse is keen on the oil offer it twice a day, if not offer it once a day
* Stop using an oil if there is no improvement within 2 weeks of using it even if the horse is interested in it
* Avoid eyes, inner ears, genitals and nostrils.

**Do not** test or use more than 5 oils at any one time. Wait 20 minutes to test more oils.t

If you are not sure which oil he prefers hold the bottles 2 feet apart. The first one he turns to is the correct one.

**Caution:** 10-20mls of essential oil taken internally can result in poisoning

**Fractionated Coconut Oil (FCO) -v- Other Oils**

Only use FCO as it is absorbed into the skin and blood stream. Other oils will prevent the essential oils to be absorbed as the molecules are too big.

**Dilutions**

* Always test the oils first and increase dilution if needed
* Do not use an oil for longer than 2 weeks without professional advice
* **DO NOT** use Oregano for more than 10 days and Wintergreen for more than 7 days at a time
* **DO NOT** use Wintergreen Internally

**Generally**:if the horse is chronically ill, old, young or sensitive, dilute further than recommended.

1ml = 20 drops 5ml (1 tsp) = 100 drops

**Topical**

General dilution is 10-15 drops of essential oil with 50ml of FCO or filtered water. However, some oils can be applied neat.

**Internal**

Add 1 drop of essential oil to 1 ml of FCO or water

**\*Important Caution**: Oregano and Wintergreen must be diluted (unless stated)

Topical: Try 5-7 drops in 50ml FCO or filtered water

Internal: Oregano: 1 drop to 250ml-500ml water

**DO NOT** use Wintergreen Internally

**Blending Oils**

Blending no more than 3 oils is recommended

**Inhalation**

Drop 1 drop of each oil chosen by the horse onto your hand – allow the horse to inhale 4-5 times 1-2 times per a day.

**Internal Use**

Except as stated below, only allow the horse to ingest 1–2 drops a day of any essential oil for one month. Then take a two-week break and start the treatment again.

**List of Cautions**

* 10-20mls of essential oil taken internally can result in poisoning
* **Wintergreen:** Over use of this oil can damage the liver and kidneys, and may cause death if consumed. **Keep out of the reach of children.**
* **Do not** give essential oils to foals or mares in foal unless supervised by a vet
* **Never** allow the horse to touch the bottle/lid
* **Do not** use an oil if the horse dislikes it
* Always test the oils first and increase dilution if needed
* **Do not** test or use more than 5 oils at any one time
* **DO NOT** use Oregano for more than 10 days and Wintergreen for more than 7 days at a time
* **DO NOT** use Wintergreen Internally
* If the horse is chronically ill, old, young or sensitive, dilute further than recommended
* **Oregano:** Always dilute
* Stop using an oil if there is no improvement within 2 weeks of using it even if the horse is interested in it

**Cleansing Process**

If the symptoms worsen the horse could be going through a cleansing process which shouldn’t last for more than 3 days. If they do stop the application and seek professional help.

**Positive Results**

These can usually been seen between 3-7 days depending on the issue

**Key Ring Oils**

**Blue Ice Rub**

**Do not apply to open wounds**

Aches /Arthritic Joints/ Bruising /Inflammation/ Muscle Spasm / Pain / Swelling / Strains/ Tying Up

**Lavender – CAN BE INGESTED**

Anxiety / Separation Anxiety /Calming / Cuts/ Itching /Mud Fever

**Lemon – CAN BE INGESTED**

Anxiety / Balances pH / Cleanser- Supports Lymphatic System / Coughs / Detoxifier / focus - Improved Immune Function Support / Insect Repellent / Respiratory Conditions / Uplifting

**Lemongrass – CAN BE INGESTED**

Anxiety, Separation Anxiety / Bony Growths, Ringbone /Bugs / Greasy Heal /Hives / Mud Fever /Rain Scald/ Scratches / Sprain

**Melaleuca**

Bacterial Infection / Hives /Itching / Mud Fever /Skin Rash

**Oregano – CAUTION CAN BE INGESTED/MUST BE DILUTED\*/DO not use for more than 10 days**

Abscesses, Hoof/ Bacterial Infections /Colds /Fungal problems / Heaves /Mud Fever/ /Swellings on Coronet /Thrush/ Viral problems / Wounds - Infected

**Peppermint – CAN BE INGESTED**

Allergies / Anxiety / Calming /Cool Down / Heaves / Inflammation / Tying Up

**Terrashield – DO NOT INGEST**

Bug repellent

**Wintergreen – CAUTION DO NOT INGEST/MUST BE DILUTED\*/USE SPARINGLY & ONLY UP TO 7 DAYS**

**VERY IMPORTANT:** Over use of this oil can damage the liver and kidneys, and may cause death if consumed. **Keep out of the reach of children.**

Bony Growths/Laminitis/Ringbone

**GUIDELINES FOR UsING DoTERRA Essential Oils for Horses**

**Important:** Before using these oils please read the notes on page 1.

**Abscesses - Hoof**

1. Lavender, Melaleuca
2. Make a foot soak using selected oils from 1. Above with Epsom salt and warm water.  Soak for at least 20 minutes to encourage the abscess to open and drain.
3. Dissolve epsom salts in warm water with vetadine and Add melaluca and oregano. Then soak the hoof for 15-20 mins everyday. Once it has burst put those oils in the affected area.

**Allergies - Respiratory**

Peppermint: allow the horse to breathe in peppermint 4-5 times. Do not let horse touch the bottle. Add 3-4 drops in a teaspoon of FCO and apply to the chest, poll and forehead (avoid eyes and ears). Offer twice a day.

**Anxiety/ Separation Anxiety**

Lavender, lemon, lemongrass and peppermint. Offer them to your horses and see if he/she is interested in them and if so use those ones.

1. Put a drop of each chosen oil into your hand and allow the horse to breathe it in 4-5 times or
2. A drop can be put on the heart area, poll or behind the ears
3. They can lick 1 drop from your hand or
4. Dab (except peppermint) 1 drop to the belly near the navel
5. Alternative Internal Use: add 2-3 drops of one oil to fresh water or 1-2 drops each of 2-3 oils

**Arthritic joints**

Deep Blue Rub: apply twice a day to the area.

**Bacterial** **Infections**

Melaleuca and diluted oregano

**Bacteria Infection - Internal**

Mix 1 drop of oregano and 2 drops of melaleuca in a small amount of water and drench them with it 2-3 times a day for about 5 days. (Oregano must not be used for more than 10 days at a time).

**Bug Repellent - Natural**

250 ml bottle add 1/2 cup apple cider vinegar, 15 drops TerraShield, 10 drops lemongrass and the rest filtered water. Shake well before using. Works for 4-6 hours. Not waterproof.

Safe for everyone.

**Calcifications**

Wintergreen: Put 1 drop undiluted on calcifications twice a day. Do not use for more than 7 days.

**Calming**

Lavender, lemon, lemongrass and peppermint: Allow the horse to choose the oil/s. Offer 1 drop on your hand for her to lick or she can sniff the chosen oil/s for 4-5 breaths or you could apply 1 drop to the belly near the navel or behind the ears (dilute peppermint: 6-8 drops in 1 tsp FCO).

**Internal Use:** add 2-3 drops of peppermint to fresh water

**Cell growth and cell regeneration**

Lavender see my book

**Cleanser/Detoxifier**

If you think your horse is toxic offer lemon. If the horse wants it offer 1 drop on your hand for her to lick. Offer 1-2 times daily.

**Cool Down Mist**

To 500ml add 6-8 drops of peppermint, fill with filtered water and lightly spray horse avoiding eyes.

**Coughs**

Breathe, antihistamine combo: lemon, lavender and peppermint.

* Offer oils to the horse
* Hold chosen oils to inhale 4-5 breaths twice a day
* Or rub 1 drop on neck or under belly near navel (dilute peppermint: 2-3 drops in 1 tsp of FCO) twice a day.
* Add 3-4 drops of lemon to fresh water for 3-4 days per week - the bucket size doesn’t matter as the lemon oil will float on the top.

**Cuts**

Dilute lavender, melaleuca or oregano in FCO

**Emotions**

Lavender: offer it to the horse to sniff. If he wants it allow him to lick 1 drop off your hand.

**Flies/Mosquitos/Bots**

1. Mist: To 500ml add 6-8 drops of lemongrass, fill with filtered water and lightly spray horse avoiding eyes
2. Stronger Mix: 25%Terra Shield with 15-20 drops each of melaluca, lavender and lemongrass and 50% FCO in a 250ml spray bottle. You can also dab this on
3. Oil: Apply Terra Shield neat to pasterns, around eyes, nose, and problem areas.

**Focus**

Lemon: offer it to the horse to sniff. If he wants it allow him to lick 1 drop off your hand.

**Fungal Problems**

Use Melaleuca and Oregano

**Gas - Reduce**

Peppermint: offer it to the horse to sniff. If he wants it allow him to lick 1 drop off your hand.

**Grass - Too much or Rich**

Offer lavender to ingest (1 drop) and see what happens.

**Greasy Heal**

[Tea Tree](http://www.amazon.com/gp/product/B0069SQRNG/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0069SQRNG&linkCode=as2&tag=thenatheahor-20), [Lemongrass](http://www.amazon.com/gp/product/B0069SQNIU/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0069SQNIU&linkCode=as2&tag=thenatheahor-20) and Lavender: dilute with FCO.

**Heaves**

Massage melaleuca around each of his coronets/top of hooves. It can be mixed with a little water. Follow by dabbing on diluted Oregano. (OnGuard can be layered on next around coronets). Apply peppermint (or Breathe) up this neck and over chest area. I put these oils in spray bottle mixed in water. Also cup your hands softly around his nose on both sides to let him breath it in.

Watch " killing bacteria with essential oils" you tube.

**Hives**

Dilute lemongrass with FCO

Apply 2-3 drops of Melaleuca to cotton wool and apply to affected areas. Dilute 6-8 drops in 1 tsp of FCO if your horse is sensitive

**Immune Support**

Offer 1 drop of lemon oil to lick twice a day

**Inflammation**

Lavender decreases heat caused by almost any condition. You can apply it neat (not cuts) or 1:1 with FCO

**Inflammation/Swelling**

1. Deep blue rub: apply twice a day to the swollen area as long as it is not an open wound
2. Peppermint Internally: allow the horse to smell the bottle. If he wants it put 1 drop in your hand and allow him to lick it off – it’s similar to bute but safer. If he doesn't need the oil he'll turn his head away.
3. Peppermint Externally: Mix peppermint with FCO 1:3 and apply to the swelling as long as it is not an open wound 2-3 times a day. But check to see how the horse is after it is applied the first time. You can offer the horse to sniff it prior to reapplying. Do not apply close to the eyes, ears or directly on the nose.

**Insect Bites**

Apply 1-2 drops of melaleuca neat twice daily. Dilute for sensitive skin.

**Laminitis**

Wintergreen: Apply 1 drop to heals twice a day for good blood flow. Do not use for more than 7 days.

Blue Ice rub: apply around the coronet to reduce pain twice a day.

**Mud Fever**

1. Mix 10 drops Lemongrass, 12 lavender and 8 melaleuca with water in a 60ml spray bottle. Saturate twice daily until completely gone. You could triple the recipe and use a bigger bottle. It will take about a week to clear up
2. Dilute 3-4 drops of oregano oil with 1 tsp FCO. Test this mixture first and reduce oregano oil if too strong. You could add 6-8 drops of melaleuca to it. These two work together extremely well for bacterial infections.

**Muscles – Stiff/ Tight/Sore/ Overused/Competition Soreness**

Peppermint: Add 20 drops to 500ml of water and wipe or spray on the area

Blue Ice rub: apply to affected area

**Rain Scald**

Spray tea tree and lemongrass diluted with water.

**Rash**

Add 6-8 drops of Melaleuca to 1 teaspoon of FCO and apply to the affected area.

**Ringbone/Bony Growths**

Wintergreen: I've had success on my foot with a bone spur and it has completely gone. 1-2 drops twice a day applied neat. Do not apply for more than 7 days.

Lemongrass: alternative - applied neat.

**Scars and Rubbed Areas**

Lavender

**Scratches**

[Tea Tree](http://www.amazon.com/gp/product/B0069SQRNG/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0069SQRNG&linkCode=as2&tag=thenatheahor-20), [Lemongrass](http://www.amazon.com/gp/product/B0069SQNIU/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0069SQNIU&linkCode=as2&tag=thenatheahor-20) and Lavender: dilute with FCO.

**Sheath Cleaning**

Add a few drops of melalueca to 1/2 gallon of water to clean the inside of the sheath.

**Splints**

Winter green: 1-2 drops twice a day applied neat. Do not apply for more than 7 days.

Lemongrass: alternative - applied neat.

**Sprains**

Lemongrass: Dilute 1:1 with a carrier oil and massage gently into the area twice a day.

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

**Sweet Itch**

Mix half a bottle of TerraShield to one bottle of fcO – apply 2 times daily for 3-5 days and then once a day. Result: 2 weeks later no prednisone and he's not biting himself anymore

**Swellings on Coronet**

Rub on 1 drop of melaleuca and 1 drop of diluted oregano (3-4 drops in 1 tsp FCO).

**Thrush**

Melaleuca and Oregano: Insert a few drops of undiluted Melaluca deep into the cleft of the frog and oregano diluted as above, using a pipette or soak cotton balls and tape them on or put on a hoof boot for 24 hours. Depending on how bad it is it can be used twice daily but no more than 7 days straight.

You could the clean feet every day and spray maybe every other or third day. Additionally, spray after they get their feet done whether they have thrush or not just to help the new hoof not get bad bacteria.

**Tying Up**

Make sure you’re feeding ahigh quality magnesium. Allow the horse to smell peppermint before a work out or put a couple of drops on the horse’s throat. If tying up happens get some peppermint or deep blue on their back and quarters.

**Viral Problems**

Use 1 drop each of Melaleuca and Oregano both together internally – check horse acceptance first. Dilute with using only to :10. Use 3-10 days only.

**Wounds**

Melaleuca apply neat twice daily until healing begins and then once daily until the wound is dry to the touch, then apply lavender neat to help to regenerate healthy skin. It will also deter flies

Wounds – Infected

Clean the wound with diluted Oregano then apply Melaleuca neat. Continue to apply oregano until the infection has gone for no more than 10 days, also consult your vet.

**DoTERRA Essential Oil Health Products**

**Chronic Health Conditions/Wound Care/Competition Horses**

Lifelong Pack: Give your horse the Lifelong Pack. It has been proven to reduce inflammation, improve immune function, increase energy, promote vitality, support brain and digestion function and more.

**OTHER Doterra Essential Oils/Combinations for Conditions**

**Colds/Coughs**

Breathe and On guard. Smell daily or put a couple of drops on the horse’s throat.

**Colic** - Early Colic Relief – Pain Relief

Digestzen: put 6 drops of digestzen inside lower lip for early signs of colic. Massage 5-10 Drops on both sides of abdomen.

**Fly Spray/Sand flies**

1. To filtered water, add eucalyptus, melaluca, lavender, lemongrass and citronella to a 250ml glass spray bottle with about 15-20 drops of each
2. I have used a mix of 25% Purify & 25%Terra Shield with 50% Fractionated Coconut Oil - it worked extremely well on my mare. She has an allergy to stable flies and it is quite a battle every summer.

**Hormonal /cranky/moody mares**

Use [Clary Sage](http://www.amazon.com/gp/product/B005V4ZLNG/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B005V4ZLNG&linkCode=as2&tag=thenatheahor-20) and [Geranium](http://www.amazon.com/gp/product/B0074NWOQ4/ref=as_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0074NWOQ4&linkCode=as2&tag=thenatheahor-20). Allow to breathe as above 1-2 times daily until there is a change.

**Loading Problems**

Offer lavender, jasmine, vetiver, frankincense and white fire a week before floating. Blend the chosen oils in FCO: 3 drops of the essential oil per 4ml of FCO for each type of essential oil . Apply daily for the week prior to the muzzle and/or poll.

**Melanoma**

Without diluting put these two oils directly on the Melanomas: Frankincense first then sandlewood. Even put a drop of frankincense in the lower lip too.

**Nervousness/Spooky**

White Fir

**Sarcoid**

Offer frankincense, Lavender, diluted Oregano, OnGuard, bergomot and Grapefruit (is this ok neat) in FCO. Dilute oregano as per page 1. Apply the other oils neat with the diluted oregano and apply daily.

**Sheath Cleaning**

To clean the outer part of the sheath, add about 5 drops of Myrrh and Rosemary oil to FCO.

Other DoTERRA Essential Oil Uses

Arthritis

Juniper Berry

Bladder, Kidneys – Strenghens

Sandalwood

Fear

Jasmine / Rose / Frankincense

Loose Droppings

Frankincense

Spooking

Jasmine / Clary Sage / Vetiver

Abuse - Past

Rose

Crib Biting

Jasmine / Vetiver

Bargy, Head Strong

Jasmine / Vetiver

Weaving

Jasmine

Fluid Retention - external

Juniper Berry

Windsucking

Frankincense / Jasmine / Ylang Ylang / Vetiver

Respiratory tract infections – seek vet assistance

Eucalyptus – opens airways, helps destroy airborne bacteria

Refs: Doterra Essential Oils for Horse FB page, Dr Axe, Aromatherapy for horses by Caroline Ingraham, experience-essential-oils.com