

# I LOVE MY HORSE WITH ESSENTIAL OILS

## E-book

### Sample Recipes

**ABSCESSSES – HOOF** - contact your blacksmith

**Do Not** use essential oils if the abscess is very deep

Melaleuca, oregano, Lavender:

1. To a handful of epsom salts drop 2 drops of oregano and 4-5 drops of melaleuca then dissolve in warm water.
2. Then soak the hoof for 15-20 mins every day.

Once the abscess has opened up, you can use melaleuca or lavender with FCO: 30ml to 7-14 drops of the essential oil.

### INFLAMMATION/SWELLING

Lavender, Anti-inflammatory proprietary rub, Peppermint:

- Lavender decreases heat caused by almost any condition. Apply it 1:1 with FCO but not to open wounds. Good for small areas or
- Anti-inflammatory proprietary rub: apply twice a day to the swollen area as long as it is not an open wound or
- Dilute 1 drop of peppermint with 2-3 drops of FCO 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. Redo the smell test prior to reapplying. Do not apply close to the eyes, ears or directly on the nose. (FB)

Smell test peppermint and offer 1 drop to ingest – it's similar to Bute but safer. (FB)

### MUD FEVER (See Rain Scald for Photos)

1. Mix 10 drops Lemongrass, 12 lavender and 8 melaleuca with filtered 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. (FB)
2. For areas that are taking longer to heal: Dilute 1 drop of oregano essential oil with 20 drops FCO. Test this mixture first and dilute it if it is too strong. You could add 6-8 drops of melaleuca to it.

These two essential oils work together extremely well for bacterial infections.