Essential Oils for Dogs

**For the purpose of this article, I will be referencing DoTERRA Essential Oils only as they are the purest and safest oils in my opinion.**

In the wild, when animals are sick they seek out specific plants to eat. These plants carry specific chemical compounds that nourish and protect the plant, heal broken parts, counteract infections and fungus, and allow the plant to adapt to harsh environmental conditions. These properties are encoded in the plant’s DNA which is in the resin or essential oil of the plant and when the essential oils are collected, they display the same properties.

The most important feature about an essential oil is the certification. If they are not Certified Pure Therapeutic Grade, they are not safe for consumption. This is commonly where people have allergic reactions to the toxins that were not filtered out of the product. Dilution factor is also significant when it comes to essential oils because if you are giving it to your dog, a Chihuahua gets a smaller ‘dose’ than a Great Dane.

To use them on your dog, and avoid sensitive areas (such as genitalia, eyes and nipples) and make sure you introduce them in a non-threatening environment, not during a thunderstorm or fireworks. Their sense of smell is 50-100 times stronger than ours so always make sure your pet has an exit from the room where the oil is being used; initially it is to learn which oils they enjoy and which they do not. DoTERRA’s oils can be used topically (on the skin), diffused (in the air), and some can be used internally (diluted heavily of course).

To repel fleas, mosquitoes, flies and bots, the recipe is 4-6 drops Rosemary and 4-6 drops of Purify. Apply to paws, around ears and other trouble areas. You can also use the ‘TerraShield’ blend for ticks and bigger bugs. Just spray around your dog (avoiding the eyes of course!) before going outside during tick season.

For dry skin, you can use a few drops of Lavender directly on pads of the paws or mix purified water and a few drops of Lavender to spray on their coat. Their digestive blend of Ginger is fantastic for nauseous dogs, dogs with diarrhea or constipation, bloating, gas or indigestion. The Zendocrine blend is beneficial to kidney and urinary tract function and acts as a detoxifying agent. When baking pet treats, adding a few drops of Peppermint will improve your dog’s breath. I even add essential oils to my dog’s all-natural shampoo to keep her double coat healthy and strong.

Essential oils can even be used for cleaning pet friendly areas! For carpet stains, mix the following in an 8 oz glass spray bottle: 4 drops Rosemary, 4 drops Peppermint, 4 drops Lavender, ½ cup warm water, ½ cup white vinegar and ½ cup washing soda. Shake well, spray over the area, wait 3-5 minutes, and blot.

I have seen them being used for so many purposes I had to compile a ‘master list’! For dogs, essential oils can help: anxiety, colitis, inflammation, infections, insect/snake bites, scarring, tumors, warts, bleeding, liver issues, nerve damage, wound case, abscesses, allergies, dry or scaly skin, burns, conjunctivitis, vertigo, electrolyte imbalance, immune booster, infections, lymph function, claw strength, chronic cough, depression, flu, herpes, bronchitis, colds, ringworm, strep, staph, asthma, diarrhea, fever, heatstroke, muscle pain, ulcers, parasites (internal and external), vomiting, nausea, dysplasia, joint issues, circulatory issues, overworked muscles, oral health, kennel cough, arthritis, hairballs, lice, kidney and urinary tract infections, and morning sickness.