

Use caution with pregnant animals and use smaller dosages than you normally would. Avoid during first few weeks of pregnancy and do not use on puppies until after 10 weeks of age. Review datasheet for suggested usage and specific precautions for each blend.

First and foremost, we must always be aware of the safety issues, application, and dosing as it pertains to each animal and size.

For topical application, you will first dilute the Essential Health For Animals blends and approved Essential Oil singles according to age & weight, taking care to properly label the bottle.

The following Essential Oil Singles and Essential Health Blends can be used topically when properly diluted according to the recommendations below.

Essential Singles

Bay Laurel	Juniper Berry	Sage
Bergamot	Lavender, fine	Sandalwood
Black Pepper	Lemon	Spearmint
Cardamom	Lemongrass	Spikenard
Carrot Seed	Mandarin, green	Tangerine
Cedarwood, atlas	Marjoram, sweet	Thyme ct. linalool
Chamomile, german	Myrrh	Valerian
Chamomile, roman	Neroli	Vetiver
Cistus	Niaouli	Ylang Ylang Complete
Clary Sage	Nutmeg	
Coriander Seed	Orange, sweet	
Eucalyptus Citriodora	Palmarosa	
Eucalyptus Radiata	Patchouli	
Frankincense	Peppermint	
Geranium, rose	Petitgrain	
Ginger Root	Ravintsara	
Grapefruit, pink	Rose	
Helichrysum	Rosemary ct. verbenone	
Jasmine	Rosewood	

Essential Blends

Cold & Congestion
Fear & Separation
Immune Support
Motion Sickness
Super Calm Trauma
Stress & Nerves

For More Information

Name

Phone

Consultant ID #

Web Address

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

QUALITY ASSURANCE

All ingredients from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.



Dilution & Dosage Guidelines

Always use Essential Oils diluted to .5% to 5% for topical use on animals according to the size, age and physical condition of your animal.

Babies & Elderly - 0.5%: 1 drop in 10ml carrier (3 drops per 1oz)
Miniature (Up to 10 lbs) - 1%: 2 drops in 10ml carrier (6 drops per 1oz)
Small (11-25 lbs): - 2%: 4 drops in 10ml carrier (12 drops per 1oz)
Medium (26-40 lbs) - 3%: 6 drops in 10ml carrier (18 drops per 1oz)
Large (41-70 lbs) - 4%: 8 drops in 10ml carrier (24 drops per 1oz)
Extra-Large (70+ lbs) - 5%: 10 drops in 10ml carrier (30 drops per 1oz)

For topical application, use the diluted product adhering to the dosage recommendations below. Check individual product datasheets for specific precautions, contraindications, or recommendations regarding pregnant, very young, or very elderly animals. Animals should respond within 1 to 3 days but can show improvement immediately. If there is no improvement in 7 days, discontinue use and re-evaluate.

Massage Blend* Dosage Guidelines for Dogs

Miniature (Up to 10 lbs): 1 to 2 drops massage blend
Small (11-25 lbs): 3 to 5 drops massage blend
Medium (26-40 lbs): 6 to 9 drops massage blend
Large (41-70 lbs): 10 to 15 drops massage blend
Extra-Large (70+ lbs): 16 to 20 drops massage blend
**Massage Blends to not require dilution*

Horses and Large Animals

Follow instructions for medium to extra-large dogs, beginning with less and working up to the larger sizes as you gauge the animal's response and tolerance.

Smaller Animals

Miniature horses and cows, goats, sheep, etc.

Follow instructions for small to large dogs, beginning with less and working up to the larger sizes as you gauge the animal's response and tolerance.

Essential Health
FOR ANIMALS



The use of Essential Oils and aromatherapy falls within the integrative medicine category and is gaining popularity and acceptance among animal practitioners of all types. Veterinarians, massage therapists, chiropractors, and energy workers are using Essential Oils due to their gentleness and superior results physically, emotionally, and energetically; all while being safe when used as directed.

The Essential Health For Animals line of blends, sprays, and massage oils, along with select Essential Oil singles, is a safer alternative for pet owners than the many toxic, and less effective, over the counter medications currently available commercially.



The following Essential Oils should not be used on animals as they can cause poisoning and other serious health problems.

- Oregano
- Cinnamon Bark
- Clove Bud
- Thyme ct. thymol

Essential oils for dogs, horses, and some other farm animals can be used topically for spot applications, massage therapy, and for skin and paw or hoof care.

Inhalation therapy is also used by utilizing a cool vapor diffuser, and with spray mister bottles to introduce the Essential Oils into the environment.

ANIMAL SAFETY GUIDELINES

- Do not give Essential Oils to your animals internally.

- Animals will often lick the area where Essential Oils have been applied. This is normally not a problem when following recommended dilution and dosage guidelines, but you should watch for adverse reactions that may include skin irritation, vomiting, diarrhea, depression, lethargy, weakness, excessive drooling/salivation, or seizures. If they show signs, wipe the area with a cloth soaked with carrier oil. If irritation continues or your animal's condition worsens, seek immediate veterinary assistance.

- Never apply Essential Oils directly to an animal's muzzle area, inside nostrils, inside ears or mouth, or directly to genital areas.

- Do not get Essential Oils near or in the eyes. If Essential Oils accidentally get into the eyes, apply a carrier oil such as Grape Seed to a cloth and wipe over the area.

- Do not apply Essential Oils neat (undiluted) to animals; they should always be diluted for topical application to animals.

- In a barn or kennel-type facility it is best to store aromatherapy products in aroma-safe containers, locked away from children and animals. Be mindful of your fellow barn/stable/kennel mates and their animal friends; not everyone can tolerate the same aromas you and your animals may enjoy.

- Remember, less is best when it comes to Essential Oils. Do not be tempted to think that if it's good, more is better.

Animals are, by nature, very sensitive to smell. It is important in their search for and selection of food and medicine, to influence sexual behavior, to bond mother and baby, in the detection of predators and aids in the recognition of locations.

Essential Health For Animals gives us a means to care for our pets at home in an effective, safe, and loving manner. Nothing pulls at the heart strings more than seeing our precious pets and animals suffer. Aromatherapy gives us the power to bring health and wellness to our beloved animals.

Safe Use
of Essential Oils
With Animals

Cautions: Exercise caution with pregnant animals and use smaller dosages than you normally would. Avoid during first few weeks of pregnancy and do not use on puppies until after 10 weeks of age.

Do Not Use Essential Oils With
The Following:

- **Cats:** due to their highly sensitive metabolic systems.
- **Fish and Reptiles:** due to their pH levels and aquatic environment.
- **Birds:** due to their respiratory and metabolic systems.
- **Rodents & small mammals (gerbils, hamsters, rabbits, rats etc.):** there is not enough research on the use of Essential Oils with these animals to determine a safe use.

Just As Essential Oils

Can Benefit Humans Both

Physically & Psychologically

They Can Also Benefit Animals



Stress & Nerves (anxiety blend)

Availability: 5ml Bottle

Ingredients: Lavender, fine; Chamomile, roman; Marjoram, sweet; Clary Sage, and Mandarin, green

Animals can suffer from stress the same as humans, and like us, stress can take its toll on their bodies, resulting in poor physical and emotional health. Stress may also be the underlying cause of some of your pet's unacceptable behaviors such as gnawing on their feet, repeatedly licking their paws or other areas/items, or continual pacing.

An animal that is always under stress can suffer adrenal exhaustion and the resulting inability to handle stressful situations. Research has shown that long term stress can weaken the physical body, especially the immune system. Stress may be the underlying cause of many ailments such as allergies, recurrent infections, thyroid disease, Cushing's Disease, and irritable bowel syndrome.

Immune Support (health blend)

Availability: 5ml Bottle

Ingredients: Ravintsara, Organic Eucalyptus Radiata, Organic Palmarosa, and Niaouli

Immune Support is a gentle yet very effective blend. The Essential Oils in this blend are known to support and strengthen the immune response while being safe with very low toxicity.

May be helpful for those animals under a lot of stress as well as those who have recurring infections that don't seem to be cleared up by antibiotics and medications.



Motion Sickness

(health blend) Availability: 5ml Bottle

Ingredients: Peppermint and Organic Ginger Root

Many dogs do not respond well to travel and can experience nausea and in some extreme circumstances will always vomit in the car. For those humans who have a tendency to experience motion sickness you may appreciate this blend as well.

Fear & Separation (anxiety blend)

Availability: 5ml Bottle

Ingredients: Neroli, Basil, sweet; Organic Bergamot, Petitgrain, Organic Vetiver, Geranium, rose; Rose, and Organic Palmarosa

Many people must work and leave their animals alone for long periods of time. Animals that are left alone can experience real fear and anxiety, particularly if there are no other animal companions present. Untreated, anxiety can lead to depression, which is more common in domesticated animals than you may think. Continued fear and anxiety can lead to a very unhappy animal that can become aggressive as they may hold anger for being left alone. The level of fear and anxiety an animal exhibits will be influenced both by their past experiences and the current environment.

This blend is particularly helpful for those animals that have had previous owners and may experience feelings of grief and rejection.

Cold & Congestion (health blend)

Availability: 5ml Bottle

Ingredients: Organic Eucalyptus Radiata, Ravintsara, and Niaouli

This blend has gentle but effective Essential Oils that are known for their positive effect on the respiratory system. Many respiratory illnesses do not respond as well to antibiotics as they may have previously, and your animal may end up with chronic respiratory conditions. Essential Oils offer a good complementary treatment to support what you may already be doing.

Super Calm Trauma (anxiety blend)

Availability: 5ml Bottle

Ingredients: Valerian, Organic Vetiver, Petitgrain, Marjoram, sweet; Organic Orange, sweet; Ylang Ylang, Grapefruit, pink; Tangerine, Rosewood, Rose, and Organic Tanacetum Annuum

Unfortunately, trauma frequently happens to animals... from pets to farm animals to animals in the wild. Severe trauma may be experienced through accidents, extensive surgery, life-threatening attack from another animal or human, or some other distressing event. Physical trauma is always accompanied by emotional and energy field trauma.

This blend can help an animal let go of fear it's holding, feel more grounded, and able to move beyond a traumatic event to experience life again. The deep calming abilities of this blend can, over time, help reduce or alleviate obsessive, repetitive habits that may develop after trauma. This very physically relaxing blend can help restore peace and allow the body-mind to accept healing.

“Most animals are more sensitive than humans to Essential Oils, and your animal’s size affects the amount of Essential Oil you should use.”

Tick Repellent (health blend)

Availability: 2oz Spray

Ingredients: Geranium, rose; Myrrh, Rosewood, Lavender, fine; Organic Sesame Seed, and Fractionated Coconut

Serious illnesses can be transmitted through tick bites on your pets, and a pet with ticks can be a threat to the health of humans as well. Lyme Disease and Rocky Mountain Spotted Fever are two serious illnesses transmitted to both animals and humans by ticks. These can be very serious, or even fatal, to your and your pet's health.

If you live in an area known to have ticks, or if you are planning to take your pet into an area with the possibility of ticks, be sure to use the Tick Repellent Blend before you head out into nature. When you and your pet come back inside, check yourself and your pet thoroughly to make sure you are both tick-free.

Flea Repellent (health blend) Availability: 2oz Spray

Ingredients: Peppermint, Eucalyptus Citriodora, Organic Tea Tree, Organic Sesame Seed, and Fractionated Coconut

In many areas, fleas are a serious problem and can very quickly infest your home and animals. Fleas can carry diseases, and in severe cases can cause anemia. Once bitten, the persistent itching can drive your animal wild. Constant chewing to relieve the itch may contribute to your pet developing hot spots which can then become infected. Commercial flea treatments are toxic pesticides that can compromise the health of your animal.

- Repellent Spray: You can spray onto the areas and then massage it through the hair. Do not apply too much so that your pet wants to lick it off.
- Spray Mister: Combine 5 to 6 drops with 2 ounces of distilled water in a cobalt blue glass or PET plastic bottle. Shake well before each use. Mist around the area where your pet sleeps, making sure to allow bedding to dry before they use the bed. Be careful to not spray into animal's eyes or mouth.
- Bath: Add 6 to 12 drops undiluted oil blend to 1 ounce all natural shampoo and bath the animal, using caution to not get into the eyes or ears.

Cooling Relief (pain blend)

Availability: 2oz Massage

Ingredients: Black Pepper, Marjoram, sweet; Organic Rosemary ct. 1,8 cineole, Peppermint, Organic Helichrysum, Organic Ginger Root, Cypress, Organic Sesame Seed, and Fractionated Coconut

This blend is formulated to support pain relief and healing from bumps, bruises, strains, sprains, over-worked muscles, and other physical situations that result in acute pain and inflammation. These are conditions that usually respond well to ice packs or cold compresses.

By using the Cooling Massage Blend as soon as possible, you can help prevent tissue damage caused by swelling and prolonged inflammation, thereby supporting the animal's body in healing faster and without as much chronic discomfort in the future.



Itch Relief (health blend)

Availability: 2oz Massage

Ingredients: Patchouli, Lavender, fine; Organic Carrot Seed, Frankincense, Niaouli, Organic Sesame Seed, and Fractionated Coconut

Just like us, dogs can get itchy skin which can originate from many different causes. Diet can be the cause of most dog's itchy skin: remove wheat, soy, corn and other known allergens from your dogs diet.

Dogs are prone to allergies derived from the unnatural lifestyle that accompanies domestication. Feed a more natural diet of fresh raw or lightly cooked meat or moist foods, not dried food. Check your home for chemical cleaners, air fresheners and other known allergens.

Insect bites can also create itchy spots that annoy your animal. Stress is also known to cause itching as well as pain. Reduce the stress you can in your dog's environment and watch your own stress as your dog will be mirroring that back to you. Seek veterinary advice if itching continues.

Warming Joint (pain blend)

Availability: 2oz Massage

Ingredients: Marjoram, sweet; Black Pepper, Peppermint, Organic Ginger Root, Organic Rosemary ct. 1,8 cineole, Organic Sesame Seed, and Fractionated Coconut

This blend was formulated for relief from chronic joint pain, arthritis, and hip dysplasia. Many aging animals suffer from arthritis and other forms of joint pain, some of which may be the result of past injuries. While these are common occurrences as animals age, poor breeding and excessive inbreeding in puppy mills have created many unfortunate and painful conditions suffered by very young dogs such as hip dysplasia, knee problems, and other spine and joint issues.

Animals that are in pain cannot always tell us of their pain until they become lame or show disability. This blend provides warmth and boost circulation to the areas allowing the body to experience much needed pain relief.

