

# Essential Health

## FOR ANIMALS

### Stress & Nerves (anxiety blend)

**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.

### 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 a 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.
- 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.

# Alexandria Brighton Collection

ESSENTIAL OILS

### Suggested Usage

**Bath:** Add 6-12 drops undiluted oil blend to 1 ounce all natural shampoo and bathe the animal using caution not to get it into the eyes or ears.

**Inhalation:** Diffuse 10-15 minutes at 4-6 hour intervals as needed, not to exceed 3-5 days. If longer term usage is necessary, switch to misting.

**Massage:** Massage into the chest area of the animal using the massage dosage chart appropriate to species and size.

**Misting:** Add 5-6 drops of the undiluted blend to 2 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Mist around the animal or spray into the environment. Shake well before each use. Do not spray into eyes or mouth.

### 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 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

#### 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.

#### QUALITY STANDARDS

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

#### 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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### availability

5ml Bottle

