



# Horse Care: Essential Oils Are for Everyone!

## Essential Oil Favorites:

- 🔥 Frankincense: Anxiety, Colitis, Inflammation, Infections, Insect/Snake Bites, Scarring, Tumors, Warts
- 🔥 Helichrysum: Bleeding, Liver Issues, Nerve Damage, Wound Care
- 💜 Lavender: Abscesses, Anxiety, Allergies, Burns, Conjunctivitis, Inflammation, Tumors, Vertigo, Wound Care
- 🟡 Lemon: Anxiety, Electrolyte Balance, Immune Boost, Infections, Lymph Function, Hoof Strength
- 🟢 Melaleuca: Colds, Hoof Rot, Lice, Mites, Rain Rot, Ringworm, Strep, Staph, Wound Care
- 🍋 Melissa: Anxiety, Chronic Cough, Depression, Flu, Herpes, Immune Support
- 🟢 Oregano: Bronchitis, Colds, Hoof Rot, Infections, MRSA, Ringworm, Strep, Staph
- 💙 Peppermint: Asthma, Bronchitis, Colic, Diarrhea, Fever, Heatstroke, Inflammation, Muscle Pain, Ulcers
- 💙 AromaTouch®: Heatstroke, Laminitis, Monday Morning Sickness, Overworked Muscles
- 💙 Balance: Anxiety, Joint Issues (Add Lemongrass and Deep Blue!)
- 💙 Breathe: Asthma, Allergies, Colds, Heatstroke
- 💙 Deep Blue®: Arthritis, Monday Morning Sickness, Muscle Cramps, Wound Care
- 💙 DigestZen®: Allergies, Colic, Ulcers, Digestive Parasites
- 🔥 On Guard®: Colds, Flu, Immune Support, Parasites



## Cool-down Mist

In a 16 oz. spray bottle, put 6–8 drops of Peppermint, AromaTouch®, or Breathe. Fill the remainder of the bottle with distilled water. Spray horse, avoiding the eyes. Reapply as needed.

## Flies/Mosquitoes/Bots

Mist: In a 16 oz. spray bottle, put 6–8 drops Lemongrass or Purify, and fill with distilled water. Lightly spray horse, avoiding the eyes. Reapply as needed for prevention.

Oil: Apply TerraShield® neat (no dilution) to pasterns, around eyes, on nose, and to other trouble areas. **OR** in a 4 oz. glass bottle, put 20 drops of Lemongrass, 20 drops Patchouli, 20 drops Eucalyptus, and 20 drops Thyme. Fill the remaining space with fractionated coconut oil. Lightly spray or rub down trouble areas to repel insects and prevent bites and bot infestation.

## Fleas and Ticks

Apply Root to Tip Serum to problem areas to treat or prevent.

## Sore Muscle Brace/Competition Brace Oil (Try this for Laminitis!)

In a 4 oz. glass bottle, put 40 drops AromaTouch®, 20 drops Lemongrass, 20 drops Frankincense, and 10 drops Thyme. Fill the remaining space with Fractionated Coconut Oil. Spray or rub down; wrap as usual.

## Chronic Health Conditions, Wound Care, and Competition/Performance Horses

Add the Lifelong Vitality Pack to your oils program. It has been proven to reduce inflammation, improve immune function, increase energy, promote vitality and wellness, support brain and digestive function, and more!



The person whose contact information is listed on this flyer can help you address specific conditions using essential oils.

These statements have not been evaluated by the FDA and are intended for educational purposes only. They are not intended to diagnose, treat, cure, or prevent any disease and are not a substitute for professional healthcare. All recommendations are based on third party research of essential oils and their effectiveness when used for the above-listed ailments. See [www.PubMed.com](http://www.PubMed.com) for references to some of those studies. Check out the research, and make your own decisions based on complete information. Additional copies of this flyer can be obtained from [AromaTools.com](http://AromaTools.com).



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## Essential Oils Are:

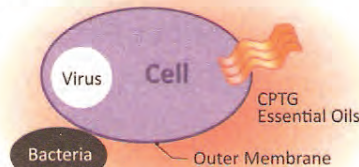
- Natural aromatic compounds found in plants
- Extracted by steam distillation or cold-pressing
- Powerful and safe, without side effects
- 50-70x more powerful than herbs



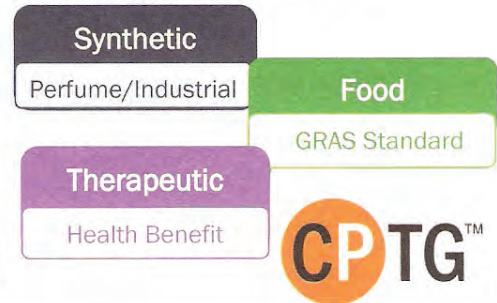
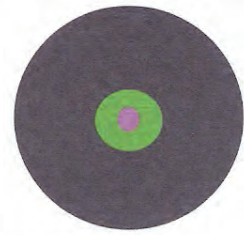
\*Oil sacs on marjoram leaf

## Essential Oils Kill Viruses and Bacteria

- Antibiotics cannot penetrate cell membrane
- Essential oils CAN penetrate cells to kill viruses and bacteria



## Essential Oil Production



## Three Ways to Use Essential Oils:

### 1. Aromatic

- Mood management
- Air purification
- Opening airways



### 2. Topical

- Systemic, localized effects
- Massage
- Immediate comfort
- Immune support



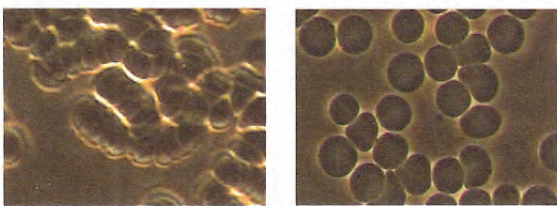
### 3. Internal

- Digestive system
- Mouth
- Throat
- Liver



## They Work FAST!

Red blood cells using dark field microscopy



Control blood sample, before essential oils

Blood sample taken 30 seconds after topical application of Balance blend

## Tips for Essential Oils and Horses:

- Despite their size, horses are sensitive. Use the same dosage for a horse as for an adult human—less for pregnant mares, Shetlands, and toy breeds.
- Follow the directions in your reference book. Use the coronary band for foot applications.
- The oils do not build up in the systems like drugs do; reapply as needed.
- Avoid getting oils in eyes; flush eyes with milk if needed.

For more information, contact: