

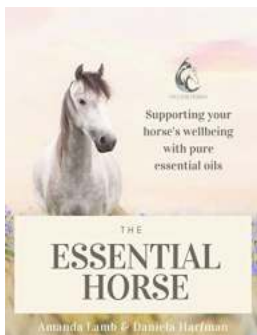
Supporting Your Horse Wellbeing With Pure Essential Oils

Horses are majestic creatures that have been closely associated with humans for centuries. Over time, people have developed various methods to enhance the wellbeing and health of these magnificent animals. One such method that has gained popularity in recent years is the use of pure essential oils in supporting horse wellbeing.

The Power of Pure Essential Oils

Essential oils are highly concentrated plant extracts that capture the essence of a plant's fragrance and therapeutic properties. They have been used for their medicinal and aromatic attributes for thousands of years. When it comes to horses, essential oils can be an excellent natural option to support their overall wellbeing.

The sense of smell in horses is highly developed, making them highly receptive to the aromas of essential oils. Just as humans benefit from the healing properties of essential oils through inhalation and skin absorption, horses can also experience the same benefits.



The Essential Horse: Supporting your horse's wellbeing with pure essential oils

by Caroline Williams (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 35551 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 236 pages
Lending : Enabled



It is important to choose pure essential oils that are derived from plants and are free from synthetic additives. When using oils on horses, one should ensure that the oils are diluted appropriately and applied in a safe and responsible manner. Consulting with a veterinarian or an experienced equine aromatherapist is highly recommended.

How Essential Oils Can Support Your Horse's Wellbeing

Essential oils offer a wide range of benefits that can positively impact your horse's physical and emotional health. Here are some ways in which essential oils can support your horse's wellbeing:

1. Calming and Relaxation

Horses, like humans, can experience stress and anxiety. Certain essential oils such as lavender, chamomile, and vetiver have calming properties that can help horses relax and reduce anxiety. These oils can be diffused in their environment or applied topically with proper dilution.

2. Respiratory Support

Just like humans, horses can suffer from respiratory issues such as congestion and allergies. Essential oils like eucalyptus, peppermint, and tea tree possess expectorant and decongestant properties that can support respiratory health. Inhalation of these oils or using them in a massage oil can provide relief.

3. Skin and Coat Care

Essential oils such as lavender, chamomile, and tea tree have antimicrobial and soothing properties that can benefit your horse's skin and coat. These oils can be diluted with a carrier oil and used in grooming products or applied directly to the affected areas to promote healing and healthy skin.

4. Muscle and Joint Support

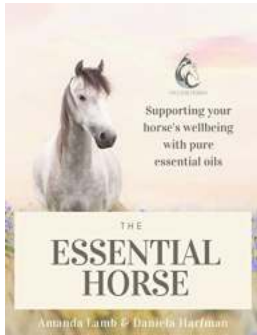
Horses, especially those involved in intense physical activities like racing or jumping, may experience muscle soreness or joint stiffness. Essential oils like peppermint, ginger, and rosemary have analgesic and anti-inflammatory properties that can provide relief. Properly diluted oils can be used in massage oils or added to bathwater to support muscle and joint health.

5. Immune System Boost

A strong immune system is crucial for the overall health and wellbeing of your horse. Essential oils such as oregano, thyme, and lemon have antibacterial and antiviral properties that can help boost the immune system. These oils can be diffused in the horse's environment or mixed with carrier oils for topical application.

Supporting your horse's wellbeing with pure essential oils can be a natural and effective way to enhance their overall health. However, it is important to remember that essential oils should be used with caution and in consultation with a professional. By understanding the benefits and proper usage of different essential oils, you can promote a happier and healthier life for your equine companion.

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The Essential Horse is the ultimate guide to supporting your horse's wellbeing with pure essential oils.

Learn how to use 20 essential oils to support your horse in all aspects of life.

Get help with:

- Emotions (both for training and daily life issues such as depression, aggression, shyness, spooking, restlessness plus many more)
- First Aid (bruises, bug bites, cuts, injured muscles, scrapes, sunburns, tack rubs, tendons and ligaments)
- Skin (flaking, itching, hives, fungal conditions, tissue overgrowth)
- Eyes, Ears, Nose and Mouth (warts, dripping fluids, mouth sores, sore tooth)
- Muscles (warming and cooling the muscles, strains, sore or torn muscles)
- Diet & Digestion (acute and chronic belly aches, hard/infrequent stools, loose stools, food obsession, gas, refusal to eat)

- Hooves (infection, cracks, moisturizing, strengthening, stinky hooves)
- Plus other common challenges such as trailering, hormonal moodiness, respiratory support, changing homes and inflamed joints

The Essential Horse gives you the top indicated essential oils for each concern, the oil's applicable properties, plus our custom oil blend suggestions.

Example:

Herd bound behaviour (found under Emotions)

Indicated essential oils:

Basil - helps to break down unwanted habits

Bergamot - helps to break down confidence

Black Spruce - fluctuating moods

Cedarwood - encourages healthy social connections

etc.

Suggested Blend: SAFE AND SECURE³ drops Ginger - increases confidence and empowers

5 drops Cedarwood - all about making health connections and social bonds

5 drops Tea Tree - promotes healthy boundaries, feelings of security and empowerment

Blend in 15 mL carrier oil

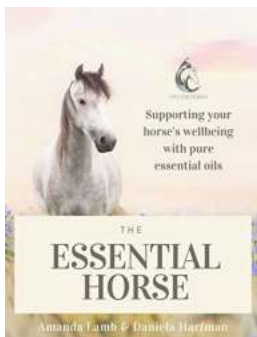
Also get in-depth usage and safety recommendations and a handy reference chart for each oil that outlines scientific information, what part of the plant is used and some cool facts about each oil.

While we encourage you to work closely with your vet when dealing with your horse's health concerns, The Essential Horse provides an in-depth guide on how

you can either compliment your vet's recommendations or provide natural care for your horse while you're awaiting your vet's arrival.

Our unique insights are gathered from over 25 years experience in training and working with horses in numerous disciplines and our in-depth knowledge of using essential oils for emotional, mental and physical support. To learn more about the authors, please visit www.oilsforhorses.com/about

The Essential Horse is sure to become the go-to resource for using essential oils topically, aromatically and internally to support your horse through belly aches, sore muscles, aggressive behaviour, bug bites, minor scrapes, stinky hooves and so much more!



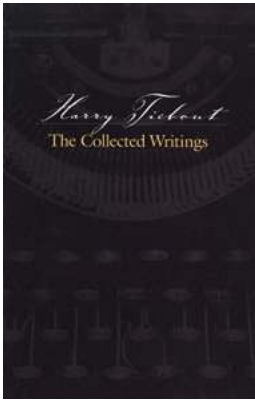
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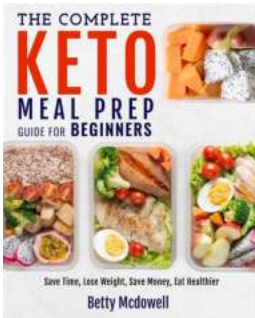
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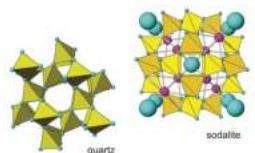
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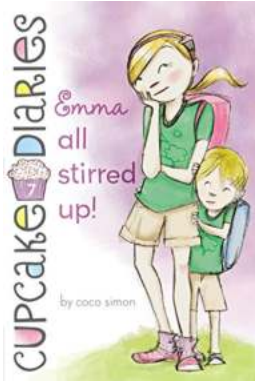
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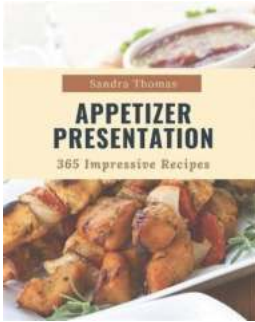
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