



OIL
CULTURE
essential oil education

DOGS

+

CATS

"FIND WAYS TO USE YOUR ESSENTIAL OILS"

OILCULTURELABELS.COM

Welcome



My mantra is to empower the world's mothers to find natural solutions to provide to their families (and also their pets)!


One of the favorite ways I have supported my dog, was to wrap a capsule with a drop of lemongrass in a piece of cheese to treat a UTI infection. Worked like magic after one day!

I also run my diffuser in the kitchen daily. I like to think the benefits the humans are gaining - is also beneficial to my cat and dog.

I am by no means an expert with animals and essential oils...the following recipes are what has worked in our home over the last 10 years.

- *Christine*

Owner of Oil Culture + Create Culture



"The greatest medicine of all is to
teach ~~people~~ how not to need it."
pets

- *Hippocrates*

MY TOP

Essential Oils

For Dogs:

Lavender

Copaiba

Frankincense

Lemongrass

Eucalyptus

Cedarwood

Lemon

Vetiver

For Cats:

Lavender

Copaiba

Frankincense

Lemongrass

Eucalyptus

Cedarwood

Clary Sage

USING ESSENTIAL OILS WITH

Dogs

Topically:

- Dilute essential oils with a carrier oil such as fractionated coconut oil, olive oil, grapeseed oil etc.
- Dogs under 20lbs 1 drop to 2 tsp carrier oil / Large dogs 5 drops to 2 tsp carrier oil.
- Massage down their spine, between paw pads and the tips of their ears.

Internally:

- Ensure proper dilution. Add to a capsule + dilute with carrier oil.
- Mix with food. Dilute with healthy carrier oils + pour on dinner.
- Add a diluted drop to your finger. Add one drop to 2 cups of drinking water.

Oils to avoid:

Tea Tree, Birch, Wintergreen

Use caution with hot oils:

Oregano, Cassia, Cinnamon, Clove,
Rosemary, Thyme

Aromatically:

- Diffuse essential oils in a water diffuser and make sure they can leave the room.
- Avoid diffusing tea tree essential oil.
- Ensure your pet cannot knock over the diffuser.



DOG RECIPES

FLEA BOMB

10 drops eucalyptus
10 drops cedarwood
5 drops peppermint
5 drops lemon
2 oz carrier oil

Store in a dropper bottle
and add 5 drops to collar
once a month.

Add 3 drops along their
spine once per week.

PAW BALM

2 tbsp coconut oil
2 tbsp shea butter
2 tbsp beeswax
1 tsp jojoba oil
2 drops each
frankincense, lavender,
copaiba
Melt all together, when
cool to touch stir in
essential oils, add to
container + let cool.

ANXIETY SPRAY

10 drops lavender
10 drops ylang ylang
10 drops cedarwood

Add to a 4oz spray bottle.
Fill with water.
Shake before spraying.
Mist along their spine.

SHAMPOO

8oz water
1 tbsp witch hazel
1 tbsp liquid castile soap
2 drops cedarwood
1 drop rosemary
2 drops lavender
1 drop eucalyptus
Mix all together + store in
a container.

USING ESSENTIAL OILS WITH

Cats

People have many different opinions about using essential oils with cats.

This is my understanding: Cats lack an enzyme called glucuronyl transferase that is important for the liver metabolism pathway.

Personally I do not give my cat any essential oils internally or topically, but she is receiving the benefits through the essential oils we are diffusing in our home. I ensure that our cat is not locked in any room with a diffuser, so she has free rein to go away if she does not like or need a particular essential oil.

It is important to only use essential oils which are pure, highly tested essential oils that are extracted from plants and not synthetic fragrance that is made to mimic the smell of a particular plant. In our home we only use the brand doTERRA essential oils.

Oils to avoid topically & internally:

Citrus Oils, Birch, Tea tree, Peppermint,
Spearmint, Wintergreen

Oils to use caution diffusing:

Tea Tree, Cassia, Cinnamon, Oregano,
Thyme, Peppermint, Spearmint,
Wintergreen, Birch



CAT CARE

CALMING MIST

2 drops copaiba
2 drops frankincense
2 drops lavender
1 cup water

Add to a spray bottle,
mist on bedding.

CALMING OILS FOR THE DIFFUSER

lavender
copaiba
frankincense
cedarwood
vetiver
clary sage
patchouli

SCRATCH DETERRENT

5 drops lemon
5 drops eucalyptus
1 cup water

Add to a spray bottle,
shake and spray where
scratching is not wanted.

RESOURCES

www.essentialoilvet.com

www.dogoiler.com

www.oilculturelabels.com

[Essential Oil Pet Dilution Guide](#)

[Essential Oil Pet Labels](#)

