The best home remedies for horses include Essential Oils. Use for horse relaxing, sheath cleaning, scratches and fly spray! Oils make such fantastic natural remedies for horses. Learn how to use essential oils for horses and what to use them for here!

**Why should we use Home Remedies for Horses and Specifically, Essential Oils?**
I could list a million reasons why we should use essential oils for horses, but here are my top reasons! Also look at the benefits of essential oils section as well!

**Essential oils are:**

- **Non toxic to the horse** – Just like the human body, toxicity is a huge problem for our animals. I see more and more horses with thyroid issues, bowel issues, liver and kidney problems and arthritis than ever before. It is definitely on the rise. All if not most of the products on the shelf for our horses are synthetically made, even the so called "natural" products.

- **Easy to use** – Essential oils for horses can be used exactly in the same manner as with humans. Horses can inhale the oil directly from the bottle or from your hand. They can be placed directly on the body or placed in their feed.

- **Perfect home remedies for horses** – I keep a bag of twelve to fifteen oils for everything from horse relaxing and to horse colic. This is my Horse First Aid Kit! They work quickly, are effective and extremely versatile. I now make or use an oil for 99% of all the products that I use to purchase at the feed store. I love home remedies for horses! Also, using home remedies for horses can compliment your traditional veterinarian routine.

- **Extremely beneficial for training horses** – I mostly train young or green horses, or re-train problem horses that have people problems! The emotional component of this training is the most difficult portion and it is what makes me good at my job. The oils are another tool for the tool box. I can cut through training issues faster than I ever could before and I can see horses releasing emotional baggage before my eyes. Sometimes it is miraculous!

- **Good for riders too!** – Riders are continually dealing with fears, insecurities, and nerves. These emotions and others effect our horse on a daily basis. The oils can help release many of these emotions, produce a synergistic effect between horse and rider and ultimately improve our riding!

**Are there any Oils we can't use as Home Remedies for Horses?**

All of the oils on this website can be used via inhalation; however, read through the individual oil information on this website before you do decide to use them. There are oils that I don't recommend for topical use, and of course there are oils you shouldn't use for certain conditions such as pregnancy.

Remember, it is really more about the purity of the oils. For instance, Human Raindrop and Equine Raindrop Techniques are performed with several oils that are considered by the British aromatherapists as "forbidden oils". But they also don’t advocate the use of therapeutic grade oils. And the French are just the opposite; they rarely dilute the oils and emphasize purity for medicinal use!

Horses and dogs love essential oils and can greatly benefit from their use; cats are a bit more sensitive so you have to be a bit cautious there, but you can still use them!
Are there certain Types of Oil that We need to Use for Home Remedies for Horses?

Good question! Yes we need to use therapeutic grade essential oils. Perfume quality or aromatherapy oils will not work. In fact, perfume quality oils can cause more harm than good because they contain 90-95% solvents!

Pure therapeutic grade oils contain the pure volatile oil of the plant and are distilled without any adulteration. Therefore, they are expensive to produce and are rarely used in common day products. Look at the price of Rose Essential Oil or Jasmine Absolute to get an idea in the price difference!

Are there Safety Concerns?

Most of the problems associated with using essential oils stem from the fact that people are using perfume grade oils for medicinal or therapeutic use. Or people simply are not using them correctly! So please do follow the safety information listed with each individual oil or blend.

How do I use Essential Oils for Horses?

Aromatherapy for horses is similar to humans so browse through the essential oil uses section to get more ideas on how to use the oils. Individual oils listed throughout this website contain safety information such as dilution as well as a animal section with some tips. Please do adhere to the safety instructions as you would a human. And please read through the essential oils safety section as well.

How do I know which Oils to use for Equine Aromatherapy?

Using the oils is a bit of a learning curve for sure, but the best thing you can do is look through the website and choose oils as you would for yourself. Or I can choose oils for you through an intuitive reading! This way the oils are chosen specifically for you or your horse (or both)! Click here to learn more about Nans Services.

Go to the oils for anxiety, muscle and pain and read through those sections. Also, there are sections specifically written for horses on the bottom of this page. Then choose several oils to work with or choose a blend!

How do I Approach my Horse with an Essential Oil?

Choose several oils to work with and place them in front of the muzzle and observe your horse. Horses intuitively love essential oils and will often times take the guess work out of it!

How do I Know if the Horse likes the Oil?

Notice what nostril the horse goes to and his reaction to the oil. Horses that like the oil may flare their nostrils, go for the bottle and even try to even nuzzle it out of your hand! They also may curl their lip (flehmen) in glee!
They sometimes will smell with one particular nostril then go to the other nostril, so pay attention! My mare always smells oils with her left nostril first, and then goes to the right nostril. This makes sense to me, because she is very intuitive and processes things emotionally first (left side), then physically (right side).

For instance, this is important, because if your horse smells an oil from the left nostril first for a certain physical condition, then it shows that there is an emotional component that led to the physical issue. And the emotional component should be addressed first. The good news is that the oil addresses the emotional component!

If the horse pins his ears back or turns away, then that particular oil is not for them and try something different.

**How do I Apply the Oil?**

For emotional issues, I have them smell the oil first. Then, I may place a drop or two of oil on the forehead (third eye), the crest of the neck by the mane or at the poll as well. I also allow my horses to lick the oil off my hand if it is an oil safe for ingestion. You can count on this when working with Peppermint oils for sure!

For physical issues, place the oil directly on location; and for respiratory issues place oil on the front of the chest and of course allow them to inhale it.

**How Long do I Use the Oil?**

I have had horses that needed different oils the next time I worked with them and I have had some horses that forever love Peace & Calming essential oil blend! So just check, they will let you know! You can use them at least twice a day or more. Again, if a horse has an infection, I would use the oil more often than if I was using it to correct a behavioral problem.

I hope you enjoyed this section on home remedies for horses. Here are the other sections that are specifically written for horses and essential oils. Please scroll through them as well as the human pages!

Here is a **whole list** of other home remedies for horses!

- Horse Emergencies (Horse Essential Oil First Aid Kit)
- Real Natural Fly Spray for Horses (Make your own)
- Horse Sheath Cleaning
- Horse Emotions/Behavioral Issues
- Horse Relaxing and Calming
- Horse Ointment for Wounds and Cuts
- Horse Colic Treatment
Horse emergencies are always stressful for the horse and the owner. That is why essential oils are perfect for this job!

Remember, with any kind of emergency, injury or illness there is a physical and emotional component. Sometimes we almost need to address the emotional side first so we can stay focused on what to do rather than panicking! Regardless, don't forget to address that too!

Of course anytime a horse is seriously injured, we want to call our vet immediately. In the meantime, we can use some therapeutic grade essential oils to keep us all calm and start some treatment until the vet arrives.

If it is a minor injury than more than likely we can handle it on our own. But, we should know what we can handle and what we can't.

In doubt, always call the vet and at least ask their opinion on what to do. Most of the time they are glad to help and they may not think it warrants coming out on a call anyway, but it may deserve a peak later in the week!

**What are the Oils you keep handy for Horse Emergencies?**

These are the oils that I use as an essential oil Horse First Aid Kit. Just click on the oil and it will tell you more information.

- Lavender Essential Oil
- Roman Chamomile Essential Oil
- Melrose Essential Oil
- Purification Essential Oil
- Peppermint Essential Oil
- Geranium Essential Oil
- Helichrysum Essential Oil
- PanAway Essential Oil
- Vetiver Essential Oil
- Valerian Essential Oil
- Thieves Essential Oil
- Aroma Siez Essential Oil
- Ortho Ease Massage Oil Blend
- Ortho Sport Massage Oil Blend
- Valor Essential Oil
- Peace & Calming Essential Oil
- Di-Gize Essential Oil
- ImmuPower Essential Oil
- Exodus II Essential Oil
- Clarity Essential Oil
- Brain Power Essential Oil
- Acceptance Essential Oil
- Trauma Life Essential Oil

You can have either Ortho Sport or Ortho Ease on hand. And ImmuPower or Exodus II.

I also always have Animal Scents Ointment, a natural horse ointment that contains many therapeutic grade essential oils. It is fantastic for sealing and disinfecting wounds, cuts and scrapes.

Rose Ointment is also a sealer and may be used instead of Animal Scents Ointment.
Here I have listed horse emergencies by category:

- **Cuts, wounds and disinfection** – Melrose, Idaho Tansy, Purification (use in place of hydrogen peroxide or iodine), Animal Scents

- **Cuts, wounds and tissue regeneration** – Lavender, Exodus II, Melrose, Myrrh, Idaho Tansy, Roman Chamomile, Geranium, Animal Scents, Thieves (proud flesh), Purification

- **Pain** – Helichrysum, PanAway, Idaho Tansy, Ortho Ease, Ortho Sport, Peppermint, Valerian, Vetiver, Exodus II

- **Infection** – Thieves, Exodus II, ImmuPower, Melrose

- **Inflammation** – Helichrysum, Idaho Tansy, Geranium, Myrrh, PanAway, Thieves, Ortho Ease and Sport

- **Bleeding** – Helichrysum, Geranium

- **Stomach (digestive, colic, constipation, diarrhea)** – Di-Gize, Peppermint

- **Ligaments or tendons** – Lavender, Peppermint, Lemongrass

- **Fractures, bone chips** – Helichrysum, PanAway

- **Muscles (torn, spasm, sore, aching)** – Aroma Siez, Ortho Sport, Ortho Ease, Valor

- **Burns** – Lavender (Second degree). First degree (outer skin only) – Lavender, Helichrysum, Melrose, Valor

- **Insect stings, spiders, etc** – Purification, Melrose, ImmuPower (adrenals/immune)

- **Immune System** – Exodus II and ImmuPower

- **Calming and Relaxing** – Trauma Life, Peace & Calming, Lavender, Vetiver, Valerian, Roman Chamomile, Clarity

- **Courage and acceptance** – Acceptance and Valor

- **Concentration and focus** – Brain Power, Clarity, Peppermint

- **Trauma and shock** – Trauma Life, Peace & Calming, Vetiver, Valerian, Lavender

- **Help coming out of tranquilizers** – Brain Power, Clarity, Peppermint

Remember we are talking horse emergencies here. There are many more oils that can fit in those categories and may help your horse on a daily basis, but these are the ones I reach for time and time again and work quickly!
Again, always choose at least one horse relaxing oil for horse emergencies and combine it with oil for courage or concentration. My top choices would be Peace & Calming with Clarity.

If I have a horse that is really upset, near hysterics I use Trauma Life, Lavender and/or Valerian to really ground the horse as soon as possible. Also check out the horse emotions section.

Most of the tree oils ground and bring emotional stability, so if you don't have what is listed above, try a tree essential oil! Tree oils are Palo Santo, Spruce, White Fir, etc.

I know it seems like there are a lot of oils here but with time you will learn how and when to use them all!

The oils are not that much different than the Natural First Aid Kit for humans or the Canine First Aid Kits so you can use it for both! Just remember, essential oils for cats requires some caution, so if you do own a cat, please make sure you read through that section.

Homemade Fly Spray Deters Insects, Smells Great and is Emotionally Uplifting! What?

Homemade fly spray is easy to make with essential oils and doesn't harm you or your pets. Frankly most of the commercial fly sprays on the market for animals do work very well but they also come with harmful side effects such as toxicity and, adrenal and immune suppression.

The fly spray for horses that I used to use not only killed flies but killed almost any crawling creature. That was great when I had a pile of red ants in my tack room, but honestly I really don't want something that powerful (and poisonous) on me, my dog or my horses!

The last time I used a store bought fly spray my entire arm broke out in a rash. That was the last day that I used a synthetically made fly spray for me or my animals.

But what about Natural Fly Spray for Horses or Natural Repellent?

Sorry to burst the bubble (again), but those sprays are toxic also. First of all the word "natural" is very deceiving whether it is on a fly repellent or a food substance. Companies are basically allowed to label a product "natural" if it contains any naturally occurring compound (even if it's been altered synthetically)!

Additionally those companies adding essential oils to their products are using perfume quality essential oils, not therapeutic grade. These usually contain 90-95% solvents so their cost is a fraction of what it takes to distill pure grade oils.
The **skin** is the **largest organ of the animal or human body**. It breaths and absorbs all the things in the air, many good, many **not so good**.

**So What do We do?**

Make your own homemade fly spray with essential oils! Now, I need to be truthful with you...the Florida flies are **big** and **mean** and to you need to spray it often. But to me, that is a **minor drawback** over toxicity, skin rashes, allergic reactions and immune suppression.

Maybe, you think I’m **over reacting**, but its true...one more story, than on to recipes!

Some nice person at the barn unknowingly sprayed my dog with "natural" fly repellent at the barn. I told her that it wasn't the same and please not to do it, but before I knew it Lexie was immersed in fly spray! Oh no!

By the time we got home a few hours later, Lexie **couldn't** walk up the stairs and was whimpering. Her body and liver were completely shut down.

An emergency call to my intuitive friend, Barbara Rasor, mostly healed Lexie that day thank God. And in the following days, she recovered fully with the help of Barbara and essential oils for the immune system and detoxifying the liver!

But, **it was very scary**! That is what happens when our animals have a **severe allergic** or **toxic reaction** to the "natural" products we are using. Lexie had a severe reaction, but it also can be subtle or over time. So please be careful when making choices for your pets (and you). And please make homemade fly spray!

**What Essential Oils have Insect Repelling Properties?**

I have listed most of the essential oils that have insect repelling properties so if you want to experiment you can do that as well. I have also provided some fly spray recipes that are safe for use on humans and animals.

These essential oils have **insect repelling** properties:

- Idaho Tansy Essential Oil
- Peppermint Essential Oil
- Lemongrass Essential Oil
- Lemon Essential Oil
- Purification Essential Oil
- Melrose Essential Oil
- Cedarwood Essential Oil
- Thyme Essential Oil
- **Lavender Essential Oil**
- **Tea Tree or *Melaleuca alternifolia* Essential Oil**
- **Geranium Essential Oil**
- **Rosemary Essential Oil**
- **Eucalyptus Essential Oil**
- **Sandalwood Essential Oil**
- **Patchouli Essential Oil**
- **Clove Essential Oil**

So, as you can see this is a huge anti-bug list! My top choices are Idaho Tansy, Lemongrass and Lemon and Melrose and Purification blends.

Also check out the section on **homemade insecticides**. This section will list oils that are specific insects such as *mosquitoes* or *gnats*!

**What Oils do I use for Horse Fly Bites?**

These essential oils will help with fly and insect bites:

- **Purification Essential Oil**
- **Melrose Essential Oil**
- **Idaho Tansy Essential Oil**
- **Eucalyptus globulus Essential Oil**
- **Peppermint Essential Oil**
- **Thyme Essential Oil**
- **Lavender Essential Oil**
- **Tea Tree or *Melaleuca alternifolia* Essential Oil**

Purification and Melrose are my first choice for any kind of bites. They work immediately. They also are excellent for bee stings, ant and spider bites!

**What Oils do I use for Itching?**

These essential oils will help with itching:

- **Purification Essential Oil**
- Melrose Essential Oil
- Lavender Essential Oil
- Lemon Essential Oil

Severe itching? Add some ImmuPower to boost your immune system as well!

**Homemade Fly Spray Recipes!**

Here are the recipes! But I have to tell you I make each one a bit different cause I like to experiment and I usually just throw them together at the barn! So don't worry so much about the exact recipe. Also put in a drop or two of your favorite oil for calming, or refreshing!

For the barn, I would say that my mainstays are Idaho Tansy and Peppermint and Purification. Purification has citronella, lemongrass, rosemary, melaleuca, Lavandin, and myrtle all insect repelling oils so I often start with that!

Here are recipes using a 32 oz spray bottle. I usually put in about 5 to 10 drops of each oil at least in with WATER. Again play with them and have some fun. You can't go wrong with mixing your own homemade fly spray!

**Floral Fly Blend**

- Idaho Tansy Essential Oil
- Geranium Essential Oil
- Sandalwood Essential Oil
- Lavender Essential Oil
- Rosemary Essential Oil
- Lemon Essential Oil

**Refreshing Fly Blend**

- Peppermint Essential Oil
- Tea Tree or *Melaleuca Alternifolia* Essential Oil
- Idaho Tansy Essential Oil
- Eucalyptus Essential Oil
- Lemongrass Essential Oil
- Lavender Essential Oil
Quick Fly Blend

- Purification Essential Oil
- Idaho Tansy Essential Oil

Nan’s Last Word: Homemade fly spray recipes will also enhance not damage your horse's coat! Especially Rosemary and Sandalwood. Remember, synthetic products can dull and dry coats, not protect them!

Horse Sheath Cleaning should be Pleasant and Non-Toxic for Your Gelding or Stallion. Is it?

Horse sheath cleaning isn't always our favorite task to complete as horse owners. However, it is a necessary item to do if you have a gelding or stallion!

If you have a horse that doesn't like it to be done, then the first thing you need to do is use some oils for horse relaxing, calming and focusing. And honestly, I always do this step anyway just in case!

What Essential Oils can I use for Cleaning the Sheath?

If the horse sheath needs to be cleaned then use these oils:

- Thieves Essential Oil or Thieves Cleanser
- Myrrh Essential Oil
- Rosemary Essential Oil

Use about a half a cap or less of Thieves household cleanser in about a half gallon of warm water to clean the inside of the sheath. If you only have thieves oil then add several drops to KY Jelly or a mild natural cleanser then add to a half gallon of water.

Make sure you are using gloves, and remove all the horse beans and smegma inside and out. You will know a horse bean; it's hard accumulated debris that can block the urethra and interfere with urine flow. Once this is done rinse thoroughly with water to remove any cleanser, gel or soap.

Clean the outside of the sheath using myrrh, rosemary and pure grade vegetable oil. Use about 5-10 drops (less is more) of myrrh and rosemary.

What Oils do I use for Horse Swollen Sheath?

If the horse sheath is swollen or inflamed then use the same procedure above and then continue from there. Thieves will really help your horse if the inflammation is from an infection or abscess in the sheath.
Use the procedure outlined above morning and night until infection and inflammation has subsided. For maintenance, clean the sheath once per month and make sure the horse gets plenty of clean water and hay.

**Horse Emotions (and Human) - Let Essential Oils Release Negative Emotions or Bring on The Positive Ones!**

Horse emotions are not very different from human emotions. Most of don’t think that our animals have emotions, but they do and it effects their lives more than we know.

For horses, emotions play such a vital part in how they train, ride and socialize with other horses. I mean as a trainer and coach, the hardest part of my job is to work through the emotional end whether it is a horse or a rider!

**What is an Emotion?**

Here is one definition of emotion:

An emotion is a physiological and mental state associated with a feeling, thought and/or behavior.

I will go further and say that emotions can be negative or positive. Examples of negative emotions are anger, abandonment and grief. Positive emotions are joy, happiness and harmony.

**Why do we care about Dog, Cat or Horse Emotions (or Our Emotions)?**

Because according to the above definition, animals and humans behave according to their emotional state. So, if we are scared, we may cry, fight or act aggressively depending on our behavioral patterning.

**What is an Emotional or Behavioral Pattern?**

When humans or animals first learn to respond to a situation they start to develop a pattern or way to handle them as in our example above. Depending on many factors, we learn to respond in different ways and sometimes in a negative way that is harmful to us.

Once the response is learned, the stimuli will produce the pattern unless it is changed or released. Good emotional patterning we don’t want to change; but unhealthy patterns we would like to change!

So, if a child, adult, cat, dog or horse encounters fear and the response is "run away"! That is a pattern that could be changed and would be beneficial to change!

**Why is it Unhealthy if we don’t Release Emotions or Patterning?**
If negative human or horse emotions are not released then they can produce poor emotionally patterning that has a negative outcome that is explained above. Or eventually it can lead to emotional and physical pain or disease!

Many times if the body can not handle a traumatic experience or painful emotion it stores it on a cellular level until we are either ready to deal with it or release it! It will store it in a specific portion of the body. For instance the lower back represents the fear of money or support!

There are many books that are very specific in looking at this. Carolyn Mein, DC - Releasing Emotional Patterns with Essential Oils, Louise Hay - Heal Your Body and Karol Truman - Feelings Buried Alive Never Die are my top three references.

Emotional patterning determines likes and dislikes, habits, ability to socialize, attitude and reaction or response to everything! Whether it is human, animal or horse emotions, they can literally control behavior on a subconscious level. Unless, they are released!

**How do Essential Oils Help Release Human, Dog or Horse Emotions?**

Look through the essential oil benefits section to really get a full understanding on how and why essential oils work.

**But here is a summary!**

Essential oils easily penetrate the skin and can be carried throughout the blood and tissues within minutes. They stimulate the amygdale of the brain.

This area is the emotional center where all the emotions are controlled and stored. Therefore, just smelling an essential oil can help us safely release emotional fear, trauma and suppressed memories that are stored anywhere in the body.

They can help animals and humans clear the unconscious patterning that holds back potential, happiness and more! This is an extremely valuable tool!

**How do we Release Emotions for our Animals and Ourselves?**

Choose several oils to work with and use them daily. It is as simple as that! For horse emotions place them in front of their muzzle and observe your horse since their limbic system functions a bit differently than ours.

Also read, if you already haven't, the section on essential oils for horses to determine if your horse likes the oil or not, or chooses smelling the oil from the right or left nostril.

**How do we Figure Out what Cat, Dog or Horse Emotions I am dealing with?**

For animals, go with a more general category rather than specific emotions. (But you can use these categories for human use as well!) And again, you will have to work with several oils and find out what works best.

**What are the General Categories?**
Here they the general categories and a couple of oils that can be used for that category. I know this is a big topic so I tried to give you categories that frequently encounter on a daily basis!

Keep in mind I use over 100 different oils, so sometimes it is best to go with a professionally made blend that is made specifically for emotions.

You will also see that some of the oils overlap in the category; oils have multiple physical and emotional uses so it works to our benefit!

**Anxiety/Stress/Fear** – Use oils for calming, relaxing and grounding horse emotions. Here are a few examples:

- Acceptance Essential Oil
- Valor Essential Oil
- Peace & Calming Essential Oil
- Trauma Life Essential Oil
- Valerian Essential Oil

Also use oils for **courage** listed below. Because this is such an important topic and one I deal with often, I have an entire section devoted to it. So click here for more information! Also look at the oils for anxiety section.

**Depression/Shock/Grief** – Use oils that are uplifting and that will help show the body how to deal with grief (and release it). Here are a few examples:

- Joy Essential Oil
- Rose Otto Essential Oil
- Valor Essential Oil
- Trauma Life Essential Oil

Also look through the oils for anxiety section for oils that are anti-depressants!

**Anger/Rage/Hate** – Use oils that will release negative horse emotions. And help an animal or human how to deal with anger. Here are a few examples:

- Joy Essential Oil
- Peace & Calming Essential Oil
- Purification Essential Oil
- Valor Essential Oil
• Ylang Ylang Essential Oil
• Release Essential Oil

Always use oil for calming as well in this situation. And use oils that help cleanse the liver where we store most of our anger and control issues.

**Abuse/Abandonment Issues** – Use oils that will release negative horse emotions of abuse and abandonment. Here are a few examples:

• Trauma Life Essential Oil
• Acceptance Essential Oil
• Lavender Essential Oil
• Purification Essential Oil (fear of being alone)
• SARA Essential Oil
• Release Essential Oil
• Inner Child Essential Oil

**Courage/Confidence** – Use oils that will release the horse emotions of defeated, victim and worthless. Here are a few examples:

• Valor Essential Oil
• Rose Otto Essential Oil
• Into the Future Essential Oil

In general, no matter what horse emotions I am dealing with, I always use oils for concentration and alertness as well. The **top three oils** for this are Brain Power, Clarity and Peppermint essential oils. I have never had a horse that didn't like Peppermint oil, so if they don't like the other two, go with Peppermint!

And like all things, the answer is **not always linear or straight forward**. I am fortunate that I am extremely intuitive and can usually pick up exactly what an animal (or human) needs, especially horses.

Of course we all know that on some level to be a really good trainer, you have to be intuitive to deal with horse emotions and behavioral patterning on a daily basis.

**Horse Relaxing Begins with Essential Oils!**
**Don't Ride Home Without Them!**
Horse relaxing and calming is easy with therapeutic grade essential oils! I use them every day to combat poor concentration, spooky horses and bossy horses. They also can be used for other horse fears including horse separation anxiety.

There are many different single oils and blends that act as a horse calmer. The best thing to do is to choose several and see what works best for your horse (and you)! Follow the guidelines on home remedies for horses and horse emotions so you know which oils your horse is selecting.

**What Essential Oils can I use for Horse Relaxing?**

Here are the top ten essential oils for relaxing:

- Peace and Calming Essential Oil
- Trauma Life Essential Oil
- Valor Essential Oil
- Vetiver Essential Oil
- Lavender Essential Oil
- Valerian Essential Oil
- Roman Chamomile Essential Oil
- Ylang Ylang Essential Oil
- Citrus Fresh Essential Oil
- Grounding Essential Oil

There are many more oils that may help as well. So please make sure you check out the anxiety section. And remember, that sometimes the behavior issue or pattern may be deeper than you suspect.

So if they are not responding to the oil in the way that you would like, than my thought would be that there is another issue such as abuse, grief or anger that is creating the problem. In this case, read through the horse emotion section to get clarity on what other oils your horse may need.

Additionally, some oils may test, so make sure you check with your equine organization if you plan on using them for a competition. They don't test riders, so wearing it on you will definitely have an energetic effect on the horse!

**What Oils do I use for Concentration and Focus?**

There are several oils that you can use for concentration and focus. Here are the top five:
- Clarity Essential Oil
- Brain Power Essential Oil
- Peppermint Essential Oil
- Lavender Essential Oil
- Present Time Essential Oil

I always use an oil for **concentration** along with a **horse relaxing oil**. Also use with any emotional or behavioral problem. It just makes sense for them to clear their head as well.

I tend to use Clarity with **geldings and stallions** and Brain Power for the **mares**. But if a mare is displaying more male dominant traits, then Clarity will work better. So remember to pay attention to your horse's response to the oils.

**My Horse has Separation Anxiety, What Oils should I Use?**

I would start with some of the oils listed above for calming. My first choices would be **Valor** for relaxing and courage; **Trauma Life** and **Acceptance**.

But remember, any animal dealing with separation anxiety is dealing with an abandonment issues. So oils for abuse and abandonment may need to be combined for best results. The **horse emotion** section lists oils for this category.

**My Mare has Anxiety, Can it be Hormonal?**

Absolutely, and along with the horse relaxing oils, you may add oil that helps with hormone Here are the oils that may help:

- Clary Sage Essential Oil
- Geranium Essential Oil
- EndoFlex Essential Oil
- Dragon Time Essential Oil
- Mister Essential Oil

Clary Sage, EndoFlex and Mister have really helped me personally balance my endocrine system and hormones. I am currently using Geranium with my older mare, as it seems now that we have a stallion at the barn, and she has had a great awakening!
Horse colic treatment can certainly be stressful for the horse and the horse owner. And once again essential oils can help!

If your horse is jittery or resistive, first I suggest that you apply some Valor or Peace & Calming or both) to you and your horse to start. This will help keep everyone calm and relaxed so you can think through what to do.

Also, while horse colic treatment at first signs may be easily treated with essential oils; a call to the vet may be appropriate and necessary. And even then the oils can help till the vet gets to the barn.

The one advantage of using therapeutic grade essential oils for horse colic is that we can apply them easily and even use them as an enema.

What are the Signs of Horse Colic?

Here are some signs that your horse may need horse colic treatment. You may just see one sign or a combination of several signs.

- Lethargic and uncomfortable
- Pawing on the ground with head down
- Wanting to lie down and roll
- Wanting to chew at their belly
- No stomach noises such as rumbling
- Severe perspiration and breathing.

What do we do at First Signs of Horse Colic?

Here is what I would do if my horse seemed colicky:

- If lying down, immediately make the horse stand;
- Walk the horse and encourage movement;
- Have them inhale essential oils;
- Apply essential oils to body;
- If eating at all, add essential oil to feed; and
• Call the vet if symptoms get worse or are severe especially if the horse is insured.

**What Essential Oils work for Natural Horse Colic Treatment?**

The top three essential oils for horse colic are:

• **Di-Gize Essential Oil**
• **Peppermint Essential Oil**
• **Ginger Essential Oil**
• **Tarragon Essential Oil**

Di-Gize is clearly the best because it contains eight different essential oils including peppermint, ginger and tarragon. These oils will help relax intestinal spasms, help digest toxic material, prevent horse diarrhea and soothe the digestive system. It also contains patchouli which is **calming and relaxing** to the body.

I keep Di-Gize in my **Horse First Aid Kit** for sure.

**How do I apply the Oils for Horse Colic Treatment?**

The best ways to apply the oils are:

• Place 15 drops of Di-Gize inside lip.
• Rub 10 drops of DiGize up each flank and massage towards the umbilical area as well but avoid genital area.
• Place 10 drops of DiGize on the coronet band.
• Rub several drops of DiGize on the auricular points on the ears.
• Place oils in area in between legs (where the skin is exposed).
• For enema use - Mix 30 drops of Di-Gize in 6 ounces of olive oil or V-6 oil and place into the horses rectum.

In severe cases, do all of the above. And continue to monitor. If you have any stomach enzymes and your horse will eat them then definitely give some. After one hour, you may place 10 to 20 drops of Di-Gize again in the mouth and the flanks and coronet band.

**What Essential Oils should I use for Horse Parasites or Worms?**

The best essential oils for horse parasites or worms are:

• **Di-Gize Essential Oil**
- Lemongrass Essential Oil
- Tarragon Essential Oil
- Fennel Essential Oil
- Thyme Essential Oil
- ParaFree Supplement

Again Di-Gize is **clearly the best** because it contains many of the essential oils that are listed including peppermint, tarragon and fennel essential oils. ParaFree Softgels were designed specifically for parasites and contain nine different essential oils.

**How do I apply the Oils for Parasites?**

Use the same way as for horse colic treatment.

**What Essential Oils should I use for Dehydration or Balancing the Electrolytes?**

The best essential oils for dehydration or balancing electrolytes are:

- Citrus Fresh Essential Oil
- Lemon Essential Oil
- Peppermint Essential Oil

Citrus Fresh will balance the electrolytes in the body and **enhance the uptake of Vitamin C**. I like to put Citrus Fresh, Lemon or Peppermint in their water to encourage drinking. Remember, keeping them hydrated is half the battle when dealing with horse colic treatment.

Use whichever one they like the best! All horses love peppermint! And Citrus Fresh has Spearmint, so they usually love that also.

**Nan's Concluding Word:** Like us, many of our animals do not receive enough enzymes and probiotics that are necessary for proper digestion and to maintain a healthy gut. If your horse can't gain weight, we can use oils like Lemon to stimulate the appetite but if the digestive tract is not supported than feed, grain and oils may not help.

Also remember that colic is often brought on by stress from work, health or the environment. So reduce your horses anxiety down by using horse relaxing oils as well! Prevention is best!

**Horse Parasites - Combat Naturally with Essential Oils**
Horse parasites are some of the most common problems affecting horses; but most horse owners really only consider intestinal parasites a problem.

Parasites can actually be divided into three categories: Intestinal, Protozoa and Insect Parasites. In this section I will talk about each one and the oils that will help with the parasitic condition!

**What are Intestinal Parasites?**

Intestinal horse parasites include most of the common worms including tape worms, pinworms, ascarids and stongyles. They can cause a host of problems including diarrhea, weight loss, anemia and more, so you definitely want to keep intestinal parasites under control.

**Did you know that 90 percent of colic cases are thought to be caused by predisposition to worms?** Yes that is a huge number, so you definitely want to keep intestinal parasites under control.

Check out the section on essential oils for colic for more information on how essential oils can help with intestinal parasites and colic!

**What Protozoal Create Problems with our Horses?**

EPM is the leading cause of protozoan horse diseases. It is caused by Sarcocystis neurona and it is thought that **50 percent or more of horses in the United States** may have at some time been exposed to the organism!

EPM can not be spread from horse to horse. They pick it up from contaminated feed, hay or drinking water that contains sporocysts. Once they are ingested, they spread throughout the bloodstream and cross the blood-brain barrier and attack the central nervous system (CNS). If it is not treated, neurological damage can become so severe the horse may have to be euthanized.

**What Essential Oils can help EPM?**

Oils are effective because they cross the blood-brain barrier and attack the active infection in the CNS. This is one of the most important solutions if you are to kill the protozoa infection in the cells. Also, keeping or boosting the immune system is also important. And essential oils can do both.

All essential oils affect the nervous system; but **some are better than others**. Here are some suggestions:

- **Valor Essential Oil**
- **ImmuPower Essential Oil**
- **Palo Santo Essential Oil**
- **Frankincense Essential Oil**
• **Raindrop Technique**

Several holistic vets have had success treating EPM using the Raindrop Technique and using other oils that boost the immune system. This incredible technique will help to reduce spinal inflammation and will kill viruses along the spinal column.

The oils have immune boosting, anti-inflammatory and anti-infectious properties and I'm not at all surprised that it is helping equines!

**What Insect Horse Parasites Create Problems with our Horses?**

Insect horse parasites create all sorts of problems because they are *blood sucking and carry many infectious diseases*. Here is a listing of most of the ones we should know about:

- **Flies**
- **Gnats – Sweet Itch**
- **Mosquitoes – West Nile Virus**
- **Ticks – Lyme Disease in Horses**
- **Mites, Lice and Chiggers**

**What Insect Horse Parasites cause Horse Problems?**

Mites and lice also can be present on horses but it is highly unlikely. Summer sores are actually caused by larvae that are placed by horse and stable flies as they bite the horse. The corners of the eyes and male horses around the sheath and penis are most susceptible.

So make sure you are keeping essential oils on your horse and check out that section on how to make your own fly spray!

One of the most common skin conditions caused by horse parasites is from the *gnat*, Culicoides or midges. It is referred to by many names including Sweet Itch, Queensland Itch, Summer Eczema or Culicoides Dermatitis. This is a bigger problem in Europe, than the United States but it is a problem here as well.

**What Essential Oils do we use for Sweet Itch?**

The best oils to use for this condition are:

- **Roman Chamomile Essential Oil**
- **Tea Tree or Melaleuca alternifolia Essential Oil**
- **Lavender Essential Oil**
- **Melrose Essential Oil**
• Purification Essential Oil

Remember, the best thing is prevention. Midges are not fond of peppermint or eucalyptus and one can easily make a gnat repellent with both!

**Are Ticks Considered a Horse Parasite?**

Yes, ticks are definitely a horse parasite because they transmit diseases including Lyme disease, equine ehrlichiosis, equine prioplasmosis, and paralysis. Lyme disease in horses is becoming a frightening occurrence and our horse's chance of getting it increases every year.

Essential oils are highly anti-viral and anti-infectious and can help equines with Lyme disease. Click here to find out what oils are best for this condition.

**What about West Nile Virus? Is that considered a Horse Parasite?**

Yup, West Nile is passed to horses from the bite of a mosquito that actually gets it from birds! Once bitten it the horses will develop the virus usually within 5 to 20 days. Most of us vaccinate against this these days, but if horse does get it, essential oils can help.

Here are the best oils to use for this condition are:

• Oregano Essential Oil
• Frankincense Essential Oil
• ImmuPower Essential Oil
• Melrose Essential Oil
• Raindrop Technique

Oregano is one of the best anti-viral and immune system oils available; and is one of the Raindrop Technique oils. Apply topically on the spine, coronary bands and the chest. Many of these oils can be taken orally if symptoms don't improve; but make sure you check out the safety information!

Personally, I was testing for West Nile Virus and nothing seemed to really quick it until I started taking 3-5 capsules of Inner Defense Essential Oil Supplement per day. It includes Thieves, Oregano and Thyme essential oils. Check out Inner Defense for sure.

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**Horse Muscles, Tendons and Bones are Easily Treated with Essential Oils**

Horse muscles, joints, bones and ligaments respond very well to essential oils. And treatment for sore or spastic muscles or pain and inflammation is not really at all
different than humans so I would definitely review those sections on the website as well.

The one advantage we have at treating horse muscles or leg injuries is that horses generally respond very well to the use of essential oils. And we can use them in several application methods. The three applications we use the most at the barn are:

- Direct application on the sore area
- Application using horse liniment
- Equine Raindrop Technique

What Essential Oils work as a Natural Muscle Relaxer or Pain Reliever?

The top six essential oils for horse muscles that are spastic are:

- Aroma Siez Essential Oil
- PanAway Essential Oil
- Basil Essential Oil
- Marjoram Essential Oil
- Lavender Essential Oil
- Ortho Ease Essential Oil

These oils will help relax the muscle or cramping and will also provide some pain relief. These are also the best for muscles that have a lot of tension.

What Essential Oils should I use for Sore Muscles or Over Exercised Horse Muscles?

The top seven essential oils for horse muscles that are sore are:

- Deep Relief Essential Oil
- Balsam Fir Essential Oil
- PanAway Essential Oil
- Eucalyptus Essential Oil
- Lavender Essential Oil
- Ortho Ease Essential Oil
- Ortho Sport Essential Oil
These oils will help **sore muscles recover** and will also provide some pain relief. These are also the best for muscles that have a lot of tension.

If there is a tendency for **inflammation over spasm** than choose Ortho Sport. Also if you want a greater warming sensation than Ortho Sport would be a good choice.

But remember you can always place additional oils into the massage oil blend to enhance it; and as a matter of fact I do that all the time!

**What Essential Oils should I use for Sore or Torn Ligaments or Tendons?**

The best essential oils for horse ligaments are:

- **Lemongrass Essential Oil**
- **Marjoram Essential Oil**
- **Basil Essential Oil**
- **Lavender Essential Oil**
- **PanAway Essential Oil**
- **Relieve It Essential Oil**
- **Ortho Sport Essential Oil**

Horse leg injuries especially when they involve **ligaments and tendons can be a long road back to recovery**. But, with essential oils you can **shorten the recovery time** and provide a natural solution to pain and inflammation.

If the ligament is **torn or pulled** use lemongrass with marjoram for sure. If you have spasm in the ligament that definitely add Basil. If the ligament is torn then use PanAway as well as it will help with pain and inflammation.

For tendons and tendonitis use PanAway, Peppermint, Relieve It, Rosemary and Wintergreen. If the tendon is torn use lemongrass and helichrysum as well.

For both ligaments and tendons, apply on location and wrap to prevent further injury. You can also use Ortho Sport as base oil or as a wash. And remember to apply ice to inflamed areas. Once the injury is healed than include oils like Cypress to **bring back circulation** to the affected area.

**What Essential Oils should I use for Bone Injuries or Fractures?**

The **best essential oils for horse bone injuries or fractures are:**

- **Wintergreen Essential Oil**
- **PanAway Essential Oil**
- Cypress Essential Oil
- Helichrysum Essential Oil
- Ortho Ease Essential Oil
- Ortho Sport Essential Oil

Wintergreen is excellent for any kind of bone related issue including spurs, broken, and degeneration. PanAway contains wintergreen and helichrysum and is excellent for pain and bruised bone.

Cypress is excellent to bring circulation back to the area. Sandalwood will help with regeneration of cartilage. If there is deep bone bruising I combine Relieve It with PanAway. By the way, all the conifer tree oils are excellent for bones including pine and spruce.

**Does your Horse have a Bone Spur?**

**Then use these oils:**
- Lavender Essential Oil
- RC Essential Oil

RC helps to **dissolve bone spurs!**

**What Essential Oils should I use for Arthritis or Rheumatic Conditions?**

The **top eight essential oils** for arthritis are:
- Aroma Siez Essential Oil
- Wintergreen Essential Oil
- Cypress Essential Oil
- Rosemary Essential Oil
- Palo Santo Essential Oil
- PanAway Essential Oil
- Peace & Calming Essential Oil
- Ortho Ease Essential Oil

If your horse has arthritic pains definitely use PanAway or Palo Santo. Or start with Ortho Ease and add more wintergreen or a few drops of PanAway or Palo Santo. For rheumatoid conditions use PanAway and Peace & Calming.
A very strong and powerful rheumatoid blend provided by Alan Higley contains: 2 ozs Ortho Ease with 7 drops of wintergreen, 6 ginger, 19 eucalyptus, 6 juniper, 8 marjoram and 3 drops of peppermint. Start by using 1/2 the oils and work up to the full amount until you can see what amount works.

**What Essential Oils can I use as a Horse Liniment or Muscle Wash?**

Any of the horse muscle oils that I mentioned you can use easily as a horse liniment or muscle wash. There are many different combinations you can use again depending on the condition you are treating. Click here for a section devoted to that topic and for homemade liniment recipes!

**My horse needs to detox, has horse muscles spasm or is out of alignment. Is there a technique I can use with the oils for my horse?**

Yes, there is a technique called Raindrop Technique. This was developed for humans but now is being applied to equines. If I have a horse that is energetically out of alignment, I will use Valor daily on his tailbone to assist in energetically aligning the spine.

**Want to try an Essential Oil Supplement for Your Horse that was Designed for Bones, Muscles and Ligaments?**

Then try BLM Supplement with wintergreen, balsam fir and MSM. It comes in a powder so you can put it right in their feed!

**Want to treat your horse to a Spa Day for those Sore Muscles and Back?**

Then schedule a Equine Raindrop Session today! Or book an equestrian intuitive session to find out what you both need!

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**Make Horse Liniment with Essential Oils - Your Horse will Love You!**

Using horse liniment is an **easy and effective way** to keep horse **muscles** from **stiffening up and preventing soreness** after training or showing.

You can purchase horse liniment or you can easily make your own with **therapeutic grade** essential oils. And a homemade liniment will be so much better for your horse.

Most store bought liniments, like are other pet products contain **many synthetic compounds** that dull the coat and add to our animal’s toxicity.

Even the "natural" products use lower grade essential oils that are cut with synthetics to keep the cost down. Or contain up to 80% alcohol with little or no therapeutic benefit. While these products will help, you can do far better by making your own!

**How do I make my own Horse Liniment**
Horse Liniment is easy to make, especially since most of the time we use it as a muscle wash anyway. **All you need is a base carrier product and your oils!**

**What do I use for a Base to make Horse Liniment?**

The best base to use that is inexpensive and east to use is Aloe Vera but you can use cream, alcohol, witch hazel, oil or lotion. But remember, it doesn’t make sense to add your therapeutic grade essential oils to a cheap base or medium that contains synthetic chemicals. It kind of defeats the purpose!

I keep the hair on my horses legs shaved most of the time so I can use a base vegetable oil or I can apply a massage oil directly to the legs; but if you don’t, it may be better to use a different base.

For instance, witch hazel is excellent to use and has anti-inflammatory, antibacterial and antifungal properties; however, most store bought witch hazel is mostly alcohol or water and actually contains a very small percentage of witch hazel.

There are good sources though; and plan to pay about $30 to $100 per gallon. The best witch hazel is organic and steam distilled correctly and is about $100 per gallon!

**How do I make a Spray or Gel Based Horse Liniment?**

There are two ways to make your liniment. The easy way is simply take a few drops of oil and add it to the gel and then place it directly on your horses legs. I am always changing things up slightly so this is what I usually do.

You can also use a liquid base and place several oils in there and use it as a spray. My only concern with this is that once the oils are placed in a liquid they tend to degrade faster and secondly they shouldn’t be left in the heat.

My suggestion is that if you want to make some up this way; make a small batch that will last a week or two; and keep it away from the sun and in a cooler spot.

**What Essential Oils can I use as a Horse Liniment or Muscle Wash?**

Any of the oils that I mentioned in the horse muscles section you can use easily as a liniment or muscle wash. There are many different combinations you can use depending on the condition you are treating, but I have provided a couple easy horse liniment recipes!

**Base Liniment Recipe**

- ½ to 1 cup of Epsom Salts
- Bucket of Water

Place the oils in the Epsom salts so the oils disperse well. I like to use a bit of warm or hot water to dissolve the Epsom salt mixture in the water. You can use a surfactant as well; but again I try to keep things clean. Makes enough wash for at least two horses.
Remember warm water is best for sore and overworked muscles or to bring back circulation into an injured area. And cold water is best for any kind of inflammation.

**Simple Horse Muscle Liniment Recipe for Sore Muscles**

- 1/4 to 1/2 cap of Ortho Ease
- 1/2 to 1 cup of Epsom Salts
- Bucket of Water

Place the oils in the Epsom salts so the oils disperse well. Then dissolve the Epsom salt mixture in the bucket using some warm water. You may substitute Ortho Sport for Ortho Ease as well.

**Sore Horse Muscle Liniment Recipe**

- 20 drops of Wintergreen
- 10 drops of Peppermint
- 10 drops of Juniper
- 5 drops of Ginger
- 2 drops of Jasmine
- 1/2 to 1 cup of Epsom Salts
- Bucket of Water

Place the oils in the Epsom salts so the oils disperse well. Then dissolve the Epsom salt mixture in the bucket using some warm water. Substitute the water and Epsom salts for Aloe Vera and you will have a nice liniment mixture. You may substitute Lavender or Ylang Ylang for Jasmine.

**My horse needs to Detox, has Muscle Spasms or is out of Alignment. Is there a Technique I can use with the Oils for my horse?**

Yes, there is a technique called Raindrop Technique This was developed for humans but now is being applied to equines. If I have a horse that is energetically out of alignment, I will use Valor daily on the tailbone or down the spine to assist in energetically re-aligning the spine naturally. It works!

**Horse Skin Problems - Identify Common Conditions and Combat with Essential Oils**

Horse skin problems including fungus, dermatitis, scratches and sweet itch can be dealt with naturally using essential oils. The key is really figuring out what exactly you have; because there are several names for each condition and the appearance of these conditions is similar as well!

This section will give you a brief description of what the skin conditions are and then there is a page devoted to some of the most common conditions that will tell you what essential oils are best for that condition!
Most horse skin conditions fall into one of these **six categories**. I have listed them below with some of the common names. Here they are:

- **Parasitic Infection** – Summer sores, Onchococerciasis worm, etc.
- **Insect Bites** – Sweet Itch, Fly bites, Mosquitoes, etc.
- **Bacterial Infection** – Rain Rot, Mud Fever, Scratches, Pyoderma, Grease heel, Rain Scalds
- **Fungal Infection** – Ringworm, Pythiosis
- **Allergic or Contact Dermatitis**
- **Horse Tumors and Cancer**

**What Internal Parasites cause Horse Skin Problems?**

Parasites such as worms can cause horse dermatitis or summer sores. Mites and lice also can be present on horses but it is highly unlikely.

Did you know that summer sores are actually caused by larvae that are placed by horse and stable flies as they bite the horse? So make sure that your horse has fly spray and is on a regular deworming program.

To find out more about essential oils that can help with internal parasite treatment, click here.

**What Insect Bites cause Horse Skin Problems?**

A bunch of them! **Ticks, gnats, flies and mosquitoes** all create havoc for our horses! And because they are blood sucking they not only do they cause physically damage to the skin, but can give our horses infections as well.

One of the most common insect biting skin conditions is caused by the gnat Culicoides or midges. It is referred to by many names including Sweet Itch, Queensland Itch, Summer Eczema or Culicoides Dermatitis. This is a bigger problem in Europe, than the United States but it is a problem here as well.

To find out more about Sweet Itch and the oils that are effective against it, click on the horse parasite section.

Also check out the section on **natural insect repellents** for a whole slew of insects that we can combat with essential oils!

**What Bacterial Infections cause Horse Skin Problems?**

Bacterial infections are responsible for a host of skin problems including: Rain Rot, Mud Fever, Scratches, Pyoderma, Grease Heel and Rain Scalds.
Essential oils that are high in phenols are excellent for any kind of bacterial infection, skin or otherwise. The best well known are Tea Tree or Melaleuca alternifolia or Lemon essential oils.

To find out more about several more common bacterial conditions and the oils that are effective against them [click here].

**What Fungal Infections cause Horse Skin Problems?**

Fungal infections actually create more skin problems than any other condition in the world of horses! And again, its one of those that is hard to distinguish conditions. It is commonly referred to as Ringworm and the scientific name is Dermatophytois. Most common, ringworm starts as hair loss in a small area that slowly expands and gets worst.

In hot and humid areas, or during summer, horses also get fungal infections that are seen as scaling and small bumps along the fronts and backs of the legs and can exist in other parts of the horse's body. In Florida this is very common and is a constant battle.

To find out more about horse skin fungus and infections and the oils that are effective against them [click here].

**What causes Allergic and Contact Dermatitis Horse Skin Problems?**

Allergic dermatitis or contact dermatitis can be caused from a host of things but either way it is technically caused by a chemical that has made contact with the skin.

When a horse has sensitivity to a chemical, it will develop a reaction. Usually the horse develops red bumps that are itchy and they may be fluid filled. And usually the hair falls out in that area.

The largest cause of contact dermatitis is horse products containing synthetic or petrochemical compounds; and dyes from tack and equipment rubbing on the horse!

This is why I am such a huge fan of essential oils for your horse and making your own products from them for your horse. You can use as little or as much as you want; and you can regulate and change what is in it.

And when you are in control of what you are putting on your horse; then you know what your horse is reacting to. Most horse products today have no labeling requirements and it is a real challenge to find out what all the ingredients are in a product.

To avoid this make your own fly spray, liniment and use essential oils for cuts and wounds also!

**What Horse Tumors and Cancers create Horse Skin Problems?**

Horses definitely get tumors and cancers and essential oils can be used to help them from spreading. A tumor is a growth or lump that can grow slowly or fast depending on
Horse skin fungus actually can be attributed to more skin problems than any other condition in the world of horses according to a Veterinarian at the University of California. And it is no wonder because they literally exist everywhere!

Fungi and yeast actually live off of **decomposing or dead tissue** so it is important to keep fungi in check whether it is in our digestive tract or on our horse's leg!

**Are there different types of Horse Skin Fungus?**

There are really **two fungal skin conditions** that give us the most trouble with horses: **Ringworm and Grunges**. There are many other skin conditions such as **horse scratches** that resemble fungus so make sure you read through all the horse skin conditions sections for more information.

**What is Ringworm?**

Ringworm or Dermatophytois is very common and is not caused by a worm as the name may suggest! It starts as hair loss in a small localized area in a circular like fashion. And there is a red ring at the margin. The skin is scabby and can be raw as well.

Because it can **spread easily and is contagious** it is very important to not share saddle pads, blankets, grooming equipment or towels. As a matter of fact, even **humans can pick it up**, so you will want to use gloves when you can.

**What Essential Oils do we use for Horse Skin Fungus?**

Essential oils (**therapeutic grade**) are excellent for any kind of fungal infection, skin or otherwise. And can be used to treat Ringworm. They will help eliminate the fungal infection and promote healing as well.

The best oils to use for this condition are:

- **Melaleuca ericifolia** Essential Oil
- **Tea Tree or Melaleuca alternifolia** Essential Oil
- **Geranium** Essential Oil
- **Lavender** Essential Oil
- **Rosemary** Essential Oil
- Lemongrass Essential Oil
- Rosewood Essential Oil
- Melrose Essential Oil
- Ortho Ease Massage Oil
- Thieves Antiseptic Spray Oil

I personally like the blend of Melrose for this application. **Melrose fights infection and kills anaerobic bacteria and fungus.** And it has the two species of Melaleuca that are highly recommended for this condition. It is excellent for all horse skin conditions including cuts and scrapes, sores insect bites and more!

For dilutions use the information on this website or check the distributor's recommendation on the label. Also for carrier or base oils (for dilution), check the horse liniment section on what you can use.

**How do we Treat Horse Skin Fungus?**

Here are some tips for treating skin fungus:

- Make sure you clip as much of the hair away as possible. Sorry, all the horses feathers have to go! If you can I suggest, keeping the legs clipped up to knee in hot and humid areas.

- Thoroughly clean the area by washing with Animal Scents Shampoo and warm water. Or use Epsom salts with Purification Oil. Let the shampoo or purification mixture sit for 5 to 10 minutes.

- Once the areas are clean apply essential oils. For Ringworm, if you have Animal Scents Ointment or Rose Ointment, you may place it over the top to seal in the oils.

- I do this treatment at least 2x per day when first starting off and up to 4x per day for very severe cases.

- Keep your horse in clean and dry surroundings until the areas heal. This is so important!

- And keep applying the essential oils daily until the fungus is killed and the skin is healed.

- If you do not see improvement or if the conditions get worst, always consult your veterinarian.

- Do not use abrasive shampoos or slaves containing chemicals or synthetics. It will worsen the condition.

**Got Horse Grunge?**
Well if you live in hot and humid area I know that you are dealing with this! In Florida this is very common and it is a daily battle staying on top of it. It seems one little rain storm and boom, the next day your horse's skin fungus has decided to move in with your horse!

It can appear in many forms but I see the **black tar fungus and the grey crud fungus**. My flea-bitten gray mare usually gets the black greasy tarry looking fungus that grows on her ears, face, under her chin and on her legs.

On her legs she gets both; the dry gray scabby stuff and black greasy grunge. Either way, it can spread and you need to take care of it daily else it gets out of control!

Horses that have **white hair and pink skin on their legs** are very susceptible. I had a chestnut thoroughbred with white socks that would get it very easily. This was just as I was learning about the oils so I had tried everything in the tack shop with no results. His legs were so sore and raw; and he didn't want anyone touching them. He mostly had the gray crud version.

I used Animal Scents Shampoo to scrub all the scabby stuff off, clipped his legs and then used Melrose several times per day. His legs almost had no hair; but the fungus took residence somewhere else and his hair grew back quickly and perfectly.

For complete instructions, follow the detailed information above!

**What do I do for Horse Skin Fungus Prevention?**

The best thing you can do is wash your horse with Animal Scents Shampoo at a minimum of once per week. If you have horses that are prone to it, then I would do it several times per week. Once the legs are dry you can keep the oils on their legs as well. And make sure that your horse's legs and pasterns are dry before you put them away!

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**Equine Sarcoids and Essential Oils**

Equine sarcoids and other benign surface tumors such as warts and papillomas are caused by viral infection and are not malignant as in horse cancer. Sarcoids are the most common growths in horses and essential oils can help especially when they are recognized and treated as soon as possible.

**What are Sarcoids?**

Sarcoids are caused by the cattle wart virus (Bovine Papilloma Virus Type I and II). It can be transmitted by direct contact, insects or through the air. It usually occurs in young horses and can be found anywhere on the body.

I have mostly seen them on the head, around the eyes or the legs, especially where there has been trauma or injury. Since there are six types of sarcoids they can look very different. I have also seen them look like warts, proud flesh or tumors!
What Essential Oils have been used for Sarcoids?

We want to use antiviral essential oils and apply on location. You can also use Animal Scents Ointment to seal in the oil. Here are some suggestions:

- Melissa Essential Oil
- Thieves Essential Oil
- Tea Tree or Melaleuca alternifolia Essential Oil
- Melrose Essential Oil
- Oregano Essential Oil
- Bergamot Essential Oil

Supplement with an immune system boosting oil as well. The section on horse cancer suggests several of these oils!

Horse Thrush Solved Naturally with Essential Oils

Horse thrush is one of those horse conditions that probably everyone at one point has had to deal with. As a kid, I learned to treat thrush with bleach or hydrogen peroxide.

But today we know that these abrasive chemicals are not so good for the foot or the horse's body; and that there are natural products including the essential oils that we can use to treat thrush.

What is Thrush?

Thrush is a bacterial infection of the hoof that can be painful and sore if left untreated. It affects the cleft of the frog and can be detected easily by the foul smell once you clean the debris from the hoof. You may also see putty like material or discharge around the area of the frog.

Is Thrush Preventable?

Absolutely! My horse rarely has thrush and Florida is a breeding ground for this sort of infection. Bacterial infections thrive in hot and moist environments. So, keeping your horse's feet cleaned out and on a regular farrier program will help prevent thrush from popping up!

If your horse is prone to thrush, then using essential oils daily along with the tips provided above will help prevent thrush from coming back. Untreated horse thrush can actually create soreness and lameness issues so definitely stay on top of it!

What Essential Oils are used for Thrush?
We want to use antibacterial and anti-fungal oils. Oils containing phenols are highly anti-bacterial. These essential oils are best for horse thrush:

- Tea Tree of Melaleuca alternifolia Essential Oil
- Purification Essential Oil
- Thieves Essential Oil
- Melrose Essential Oil
- Thyme Essential Oil
- Mountain Savory Essential Oil

**How do I apply the Oils to the Hoof?**

First, make sure the hoof is very clean, including the frog, heel and sole of the foot. Especially pay attention to the cleft and lateral sulcus (depression between the sole and frog) of the frog.

For a severe case of thrush, I would apply several drops of oil directly on the areas of concern. Also soak a cotton ball in the oils or place several drops on the cotton ball and place in the cleft of the frog using a hoof pick.

Pack the cotton in there and it will continue to work for at least 24 hours. Do this at least once per day until you see the condition improving. This way you don't have to wrap the foot because that usually doesn't work anyway!

The Thieves product conveniently comes in a spray, household cleaner and hand soap. And I have used the cleaner and hand soap to wash the hoof in the cases of horse thrush and horse abscess prior to applying the oils.

Sometimes just one application of the thieves will help significantly! Then just pack the hooves with the cotton; and apply everyday until you see improvement.

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**Horse Abscess - Address them Naturally with Essential Oils**

Horse abscess is a horse condition that describes an infected area in the hoof, tooth or really almost anywhere on the body. Most of us immediately think of hoof abscesses because this is one of the more common forms we deal with as horse owners.

**What is an Abscess?**

A horse abscess can be caused by a bacterial or a fungal infection; or a lodged foreign object or wound that becomes contaminated. Boils or pimples are examples of skin abscesses where there are small pockets of pus.
All abscesses create inflammation, infection and discomfort to our horses wherever they are lurking; and the best thing to do is encourage it to discharge so it can close and heal.

**What is a Horse Abscess of the Hoof?**

This is where the infection is towards the top of the foot by the coronet band or into the hoof itself which is more challenging to treat. Both can be painful and sore for our horse; and often times create lameness.

It's amazing that sometimes they come up so quickly that your horse can hardly walk when the day before they were perfectly jumping around a course!

Hoof abscess can manifest from many things including a wound, injury, bruise, improper shoeing or unclean conditions.

If your horse's top part of the hoof is hot (by the coronet band) there is a very good chance there is a hoof abscess brewing.

**What Essential Oils are used for Horse Abscess?**

Like horse thrush, we want to use antibacterial and antifungal oils; however we also want to address inflammation, soreness, pain and promote drainage. Oils containing phenols are highly anti-bacterial. These essential oils are for horse abscess:

- **Tea Tree or Melaleuca alternifolia Essential Oil**
- **Oregano Essential Oil**
- **Purification Essential Oil**
- **Melrose Essential Oil**
- **Thieves Essential Oil**
- **Lavender Essential Oil**
- **Mountain Savory Essential Oil**

**How do I apply the Oils for an Abscess?**

When dealing with a hoof (or tooth) abscess, my first thought is to prepare a soak using essential oils and Epsom Salts. Select the oils you want to use, place them in the Epsom Salts; and then place the oil mixture in warm water.

The warm water soak will encourage the abscess to open up and drain. Soak for at least 20 minutes if your horse will allow! Use some calming oils to help them accept and relax through the process.

You want the abscess to open up! It may come out on the top of the coronet band or from the hoof; either way when it opens it may not be pretty, but it is a good thing!
Then we can treat the open wound accordingly. See natural wound healing for essential oils that promote healing.

If it is an area on the skin, use a hot compress over the area to draw out the toxins and inflammation. Soak a towel in the mixture you made above then place it on the area. You can do this several times per day.

If your horse is in a lot of pain, see the section on pain and select an oil to add to the mixture. Helichrysum and wintergreen are very effective and are natural anti-inflammatory oils as well.

**Note:** The Thieves product conveniently comes in a spray, household cleaner and hand soap. And I have used the cleaner and hand soap to wash the hoof in the cases of horse thrush and abscess prior to applying the oils. The spray can be used orally as well, or make your own!

**How do I apply the Oils for a Tooth Abscess?**

If a tooth is abscessing; apply or spray thieves directly on the tooth several times per day until your vet inspects the tooth and determines what to do.

To make an appointment for a Raindrop Therapy for you horse

call Sherry Cress 217 440 4930

Source: http://www.experience-essential-oils.com/home-remedies-for-horses.html