



ESSENTIAL OILS AND PETS – SAFETY

Essential Oils are cocktails of phytochemicals and are **very** concentrated. As such, we need to use them carefully, just as you would only use a typical drug carefully, and keep in mind that we can still get side effects, despite them being 'natural' products.

DOGS & CATS

- Only use high quality oils where the chemical analysis is freely provided by the manufacturer. The product information should state the Latin name of the plant, the method of extraction and the country of origin.
- Never put essential oils on or near the eyes, nose, paws or genitals of your pet unless directed by a vet
- When using a water diffuser, ensure the doors are open to allow your pet to leave the room if they wish. Start with 1 drop of your chosen oil in your diffuser and monitor your pet for side effects, gradually increase up to 6 drops as needed for effect if no problems noted.
- When using an oil for the first time with your pet always monitor them closely – observe their behaviour and if applied topically check regularly for any skin reactions.
- Avoid use in animals that are pregnant, nursing and newborns
- If your pet is on medications talk to your vet before using essential oils to avoid interactions between the drug and the oil.
- Always DILUTE for topical use – appropriate dilutions can be found on separate sheet.
- In the event of an adverse reaction after topical use, always dilute the area with a carrier oil since the most common issue is a skin reaction. Water is ineffective. Symptoms usually ease within 24-48 hours.
- Severe reactions to essential oils (topical or diffused) can result in signs of distress, drooling, squinting, rubbing their face, vocalization, shaking, vomiting, or diarrhoea. If any of these occur, cease treatment immediately and notify a vet.

HORSES (AND OTHER LARGE ANIMALS)

- Only use high quality oils where the chemical analysis is freely provided by the manufacturer. The product information should state the Latin name of the plant, the method of extraction and the country of origin.
- Never put essential oils on or near the eyes, nose or genitals of your pet
- When using an oil for the first time with your horse always monitor them closely – observe their behaviour and if applied topically check regularly for any skin reactions.
- Avoid use in animals that are pregnant, nursing and newborns
- If your horse is on medications talk to your vet before using essential oils to avoid interactions between the drug and the oil.
- Always DILUTE the following oils for topical use – Oregano, Thyme, Clove, Cassia, and Cinnamon
- Always make sure your horse is dry before applying essential oils topically

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- Never apply oils to the saddle area prior to riding
- In the event of an adverse reaction after topical use, always dilute the area with a carrier oil since the most common issue is a skin reaction. Water is ineffective. Symptoms usually ease within a few hours.
- Severe reactions to essential oils can result in signs of distress, drooling, squinting, rubbing their face, vocalization, shaking, vomiting, or diarrhoea. If any of these occur, cease treatment immediately and notify a vet.

DILUTION

- All small animals should only ever have diluted oils applied – please see the attached guide for help with this.
- Always start with the weakest dilution and only move to more concentrated ones if you need to for effect. You can always add more but it's tricky to take away!
- Remember that every pet is different and so what works for one won't necessarily for another. Watch their behaviour and adjust your oils accordingly.
- Use fractionated coconut oil for dilution – other oils are available and used by humans, but some have toxicity issues with animals and can be too greasy for the coat.

OILS TO AVOID

OILS TO AVOID WITH ALL ANIMALS

Bitter almond, Boldo, Calamus, Garlic, Horseradish, Mustard, Sassafras, Wormseed, Tansy, Birch, Wintergreen and Pennyroyal.

OILS TO AVOID WITH CATS

Oils to avoid topically and internally with cats: Basil, Citrus Oils (Bergamot, Grapefruit, Lemon, Lime, Orange, Tangerine), Cinnamon, Clove, Dill, Fennel, Melaleuca (Tea Tree), Oregano, Peppermint, Thyme, Rosemary, Spearmint.

OILS TO AVOID WITH DOGS

Oils for owners to avoid topically and internally with dogs: Melaleuca alternifolia (Tea Tree). Use caution with hot oils such as Oregano, Cassia, Cinnamon, Clove, Rosemary, and Thyme.

NOTE that for certain conditions I may prescribe oils from the avoid lists for both dogs and cats, though never from the primary avoid in all animals list. However, these will be at low concentrations and will require monitoring for side effects, hence why I recommend owners do not use these at home with their pets as part of their general oil usage.

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