

Aromatherapy for Dogs – 10 Ways You Can Use Aromatherapy to Make Your Dog Happier & Healthier

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Did you know that Aromatherapy is wonderful for dogs? It not only has brilliant healing powers for their body but can be immensely beneficial to their happiness and general well being. Here are a 10 ways in which you can use Aromatherapy to enrich your dogs' life.

- i) **Combating dog odors** - If you have an indoor dog it is likely that their bedding and your carpet, lounge etc will at some stage have that 'doggy' smell, particularly if the house has been locked up all day in the middle of summer. By spraying essential oil blends on your dog and the affected areas around your home you can freshen the house up immediately. I have found that the scent from essential oil sprays last much longer than the commercial air fresheners.
- ii) **Repelling fleas and ticks** - There are a number of different blends you can make to repel fleas and ticks. There are a number of ways to apply these blends as well. Certain essential oils can be added to the dogs shampoo or a few drops can be placed under his collar to name just a couple. Dogs can be sprayed before going into areas that may be tick infected like cattle country to protect them against ticks. If they do get a tick on them essential oils can also kill the tick and after extraction can disinfect where the tick was.
- iii) **Rheumatism and Arthritis** - Many older dogs in particular suffer from aching arthritic joints, some to the point where they have trouble even walking. Just as massage can help us it can also immensely improve the mobility and happiness of your dog. By making massage oil and rubbing the affected areas morning and night you can see a huge improvement.
- iv) **Anxiety and nervousness** - Some dogs suffer emotionally. They can make themselves ill or can become very destructive, particularly in the case of separation anxiety. Again a blend of calming essential oils sprayed onto the dog before leaving them alone or before a storm or whatever it is that upsets them can work wonders and is immediate.
- v) **Boosting energy levels** - If your dog suffers from lethargy you can restore some of his energy levels by rubbing a blend of oils into his spine. Only do this in the morning so he has all day to burn off the energy.
- vi) **Bad breath** - I guess we've all had a dog or encountered a dog with terrible breath. Usually bad breath is a result of plaque that has formed on his teeth. You can actually brush your dogs teeth with a few drops of oil to prevent this but if that is just too time consuming or too much hassle, particularly if the dog is not happy to let you, you can add drops to his food.
- vii) **Poor coat condition** - Some dogs suffer from a poor coat. There are many reasons why this may be the case but again aromatherapy can help. You can brush a blend of oils through their coat or you can add some to their food. Either way it can restore his coat to shiny and healthy.
- viii) **Skin problems** - Dogs can develop skin problems from time to time and essential oils are also very beneficial in clearing it up particularly rashes, bites and cuts.

- ix) Treating an abscess - If your dog has an abscess essential oils can treat this problem too. Of course all dogs are different so if improvement isn't apparent fairly quickly he or she may need a course of antibiotics to solve the problem.
 - x) Itching and scratching - Some dogs will scratch endlessly for no apparent reason. A blend of essential oils can really make a difference and stop his itching altogether.
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Tracey Peapell is the author of Aromatherapy For Dogs. She lives in Australia and is a great believer in the power of Aromatherapy for maintaining good health and well being in dogs.

To learn how you and your dog can benefit visit <http://www.aromatherapy4dogs.com>

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