

## HET PET PROJECT

Using Aromatherapy oils is as effective with animals as it is with humans. Ruby would want to share information about to help other animals in a natural way.

Here is a project that you can develop with your child. It is a natural first aid kit that is made from essential oils which are used in aromatherapy. This relates to Stepping Stone 9 also to Stepping Stone 12 as it is possible to grow these plants and make the oils for yourself. We will be looking at how to do this later on in the Eco therapy projects.



You do need to be very careful about the quality of oils that you purchase, as High Street oils are often very diluted or even worse have chemicals added to them to enhance the aroma. These chemicals can cause some toxic reactions so only use a trusted brand or recommended by a qualified aromatherapist. I purchase mine from PA aromatherapy (online), but Tisserand are good quality. If anyone knows of a good supplier then please share that with us on [www.HETwebsite.com](http://www.HETwebsite.com)



The following ways to use essential oils can be used effectively with your own pets or you and your child can make up blends to help other animals. This can be for friends, families or how about befriending an animal in a local animal sanctuary or animal rescue centre? You can befriend it, sponsor it, raise some money to help feed it or look after and make some natural remedies up from the information given below. Remember though that you need the permission of the owners or the animal centre in order to use these natural approaches.

If you want to know which of the Bach Flower Remedies or Universal frequencies will help – just send me an email.

## FACT SHEET FOR PETS

Aromatherapy is not just beneficial to human health and well being. Pets can enjoy essential oils, saving money on vets bills and pet care products.

### DOGS

Dogs have a highly developed sense of smell, so always use minimal amounts of oil, this will vary for small and large dogs.

- Fleas and general coat condition: Take a steel brush and a piece of thick material the same size. Pull the material down onto the teeth of the brush, depending on the length of the coat. Add 4 drops of Cedarwood or pine to a bowl of warm water, soak the brush and use. For bad infestations put oils (either Cedarwood or lavender directly onto the material. For flea collars, soak a soft material collar in: 1/2 teaspoon of vodka, add 1 drop of thyme, 1 drop of Cedarwood, 1 drop of lavender, 1 drop of citronella, 2 drops of this mix should then be added to 1 teaspoon of sweet almond oil.
- For minor wounds, cleanse with 4 drops of lavender oil to 15 mls of warm water.
- For coughs and colds, rub the following over the chest area and in a direct line from ears into shoulders: 2 drops of tea tree and 2 drops of eucalyptus in 30 mls of sweet almond oil.
- For cleansing bedding - wash in 600 mls of water containing 6 drops of hyssop and 6 drops of eucalyptus.
- For arthritis; massage the following into affected joints: Rosemary 4 drops, lavender 2 drops and ginger 3 drops diluted in 30 mls of sweet almond oil.
- Ear wax: dilute 3 drops of lavender into a teaspoon of witch hazel and insert at least 4 drops into each ear(either through a dropper or cotton wool). Gently massage around the ear. Remove wax with cotton wool.

## CATS

- For scratching, add essential oil of valerian to an old piece of wood. Cats adore valerian.
  - For arthritis and fleas (see dogs, above.)
  - To treat an abscess apply neat tea tree oil. After coming to a head and bursting, apply lavender oil to help with the healing.
  - For coughs and bronchitis, massage chest and back with 4 drops of eucalyptus oil.
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- Canker should be cleaned out and sores prevented by a teaspoon of warm olive oil to which 1 drop each of chamomile and lavender has been added. (1 dessertspoon of olive on food is good for passing fur balls)
  - Mange: Get rid of bedding; cover the cat in as much water as possible to which three drops each of lavender and tea tree have been added

## RABBITS

Sniffles and colds; Eucalyptus, peppermint or tea tree on chest and back. Use eucalyptus or tea tree in the cage washing water.

## HAMSTERS

Love lavender, which is antiseptic and anti biotic. 2 drops of lavender to 2 l of water swished around the cage after normal cleansing will help to keep them healthy.

