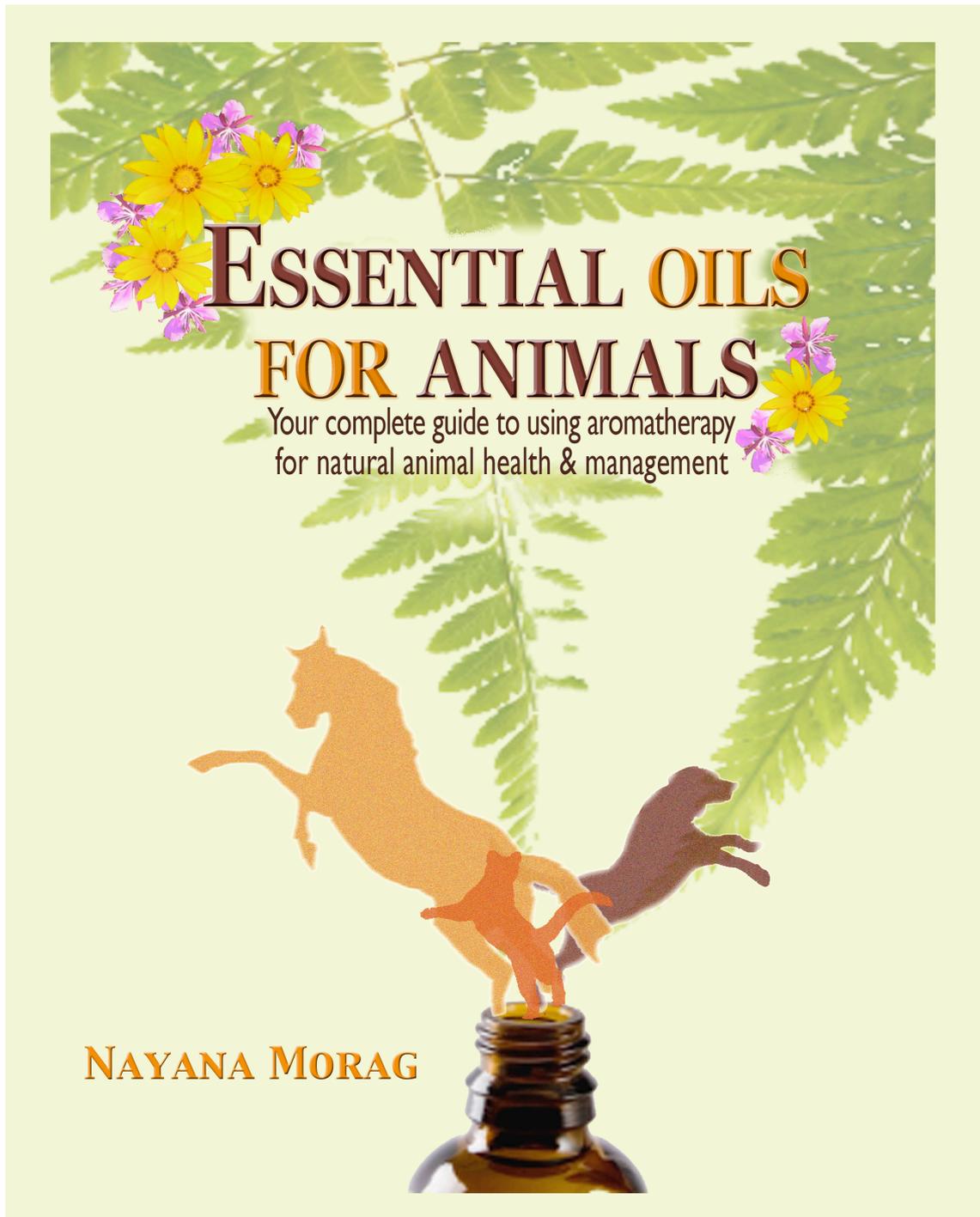


Extracted from Nayana's book,
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Angelica Root

(*Angelica Archangelica*)

ELEMENT: WATER (EARTH, FIRE)

HISTORY AND CHARACTER

Angelica is a large, graceful plant that can grow to a height of 2 metres/6 ft. The whole plant expresses the energetic depth and aspiration that reflects angelica's healing power; its roots go deep into the ground and the large white/green umbrella-like flower is protective. Angelica root oil has long been renowned for its healing powers and was traditionally used to protect against the Plague, for nervous hysteria, as a general tonic, for 'fortifying the spirit', and for female disorders. Angelica opens us to healing, reconnects us to our inner innocence and is said to 'connect us to the angels'. Angelica is innocent and strong at the same time and is very effective where fears and phobias have been triggered by a traumatic incident when very young.

SYNONYMS

Garden angelica, Holy Spirit Root, Angelica officinalis, and Angel's Herb.

EXTRACTION AND CHARACTERISTICS

By steam distillation from roots. The oil is a colourless liquid becoming slightly golden brown as it matures.

FRAGRANCE

Sweet, sharp, pungent, with earthy undertones.

PRINCIPAL CONSTITUENTS

Terpenes: α -pinene, 3-carene, limonene, β -myrcene, α -phellandrene, A-caryophyllene, camphene, β -phellandrene, copaene, β -pinene, γ -terpinene

Esters: bornyl acetate

Coumarins: bergapten

ACTIONS

Antifungal, antispasmodic, antitoxic, antibacterial, carminative, digestive, diuretic, expectorant, febrifuge, general tonic, neurotonic.

SAFETY

Non-toxic, non-irritant. Angelica root oil can be photo-toxic when applied to skin undiluted; avoid exposure to sun for 12 hours after topical application. Avoid use with diabetes.

PRINCIPAL USES

Physical:

- Animals who have shut down due to chronic pain or stress
- Immune stimulant, especially for those run down by a long illness or convalescing
- Loss of appetite, including anorexia
- Stress-related digestive disorders
- Lymphatic problems
- Circulatory problems
- Arthritis
- Liver dysfunction
- Cushing's syndrome and other metabolic disorders
- Chronic bronchial disorders

Behavioural:

- Fears born out of early childhood trauma
- Strengthens the nerves, especially where there is hysteria brought on by nervous exhaustion
- Chronic anxiety

THINK 'ANGELICA' FOR:

- Irrational fears, especially after a traumatic incident in early life
- Old animals who are emotionally hardened or have chronic pain
- If an animal shows no interest in any of the oils offered to it.



Bergamot

(*Citrus Bergamia*)

ELEMENT: WOOD (WATER)

HISTORY AND CHARACTER

Named for the city of Bergamo in Italy this small tree (3.5 metres/12' high) resembles a miniature orange. Traditionally it was used in Italy for fever and worms, also to stop the spread of infection in hospitals as it is said to kill airborne bacteria. One of the main qualities of bergamot is its balancing affect. This is particularly useful where things are out of control, as in growths, tumours and, on an emotional level, moods that swing between extremes. Bergamot's sharp, sweet smell is uplifting and clean, cutting through stagnant energies to release pent up emotion. It has a profound antidepressant effect, especially for those individuals who turn anger and frustration in on themselves, which can manifest in animals as self-mutilation or obsessive compulsive behaviour.

SYNONYMS

Citrus aurantium subsp. Bergamia. There is a herb known as bergamot (or bee balm) that is no relation.

EXTRACTION AND CHARACTERISTICS

Cold-pressed from the skin of the fruit. The oil is a clear green colour.

FRAGRANCE

A fresh, citrus aroma with a slightly green edge.

PRINCIPAL CONSTITUENTS

Esters: linalyl acetate, geranyl acetate

Alcohols: linalol, geraniol

Terpenes: limonene, β -pinene,

γ -terpinene, ρ -cymene, δ -3-carene

Furocoumarin: bergapten

ACTIONS

Antibacterial, antiseptic, antispasmodic, antiviral, calmative, cicatrizant, febrifuge, parasiticide, sedative, stomachic, tonic, vermifuge.

SAFETY

Whole bergamot oil is photo-toxic so should not be applied to exposed skin up to 12 hours before exposure to ultra violet. Otherwise it is non-toxic and relatively non-irritant. It is possible to buy bergapten-free bergamot, but I never use it, because animals consistently choose the whole oil over the altered one.

PRINCIPAL USES

Physical:

- Tumours, warts, sarcoids, growths of all kinds
- Viral infection
- Genito-urinary tract infections
- Ringworm
- Brings bio-system into balance
- Post parturition

Behavioural:

- Depression
- Frustrated irritability
- Snappiness

THINK 'BERGAMOT' FOR:

- Sarcoids, growths and tumours, especially if the animal is snappy, intolerant or withdrawn.
- Changeable, moody individuals with unpredictable temperament.



Carrot seed

(Daucus Carota)

ELEMENT: EARTH (WOOD, WATER)

HISTORY AND CHARACTER

Wild carrot has a graceful, white flower growing from a succulent root, similar to the yellow carrot we know so well but smaller and paler. The finest carrot seed essential oil is wild-harvested in France, where the plant can be found in the fields and hedgerows of rural areas. The oil is well accepted by all types of animal and is highly nourishing, physically and emotionally. Carrot seed regenerates liver cells, helps repair damaged skin, rebuilds poor quality hooves and nails, and encourages the production of healthy tissue in smooth muscles. I often use it where an animal has, or has had, a high worm load, as it is vermifuge and helps repair damage to the stomach lining. Because of its high levels of nutrients, this is the oil to use if there is any history of physical or emotional neglect, abandonment or starvation. Because of its connection to nourishment, it is a good oil for loss of appetite and the loss of appetite for life. Like a true earth mother it responds to our needs and helps rebuild the system from the inside out.

SYNONYMS

Wild Carrot, Queen Anne's lace, Birds Nest.

EXTRACTION AND CHARACTERISTICS

Steam distilled from the dried seeds.

FRAGRANCE

Damp earth, sweet, musty, warm.

PRINCIPAL CONSTITUENTS

Terpenes: α -pinene, sabinene

Esters: geranyl acetate

Alcohols: carotol, daucol, geraniol, terpinen-4-ol

ACTIONS

Anthelmintic, antiseptic, carminative, detoxicant, diuretic, emmenagogue, hepatic, regenerative, smooth muscle relaxant, stimulant, tonic, vasodilator.

SAFETY

Generally non-toxic, non-sensitising. Can be harsh on skin, dilute well for topical application.

PRINCIPAL USES

Physical:

- Loss of appetite
- Anorexia
- Liver damage
- Malnutrition (past or present)
- Slow-healing wounds
- Poor skin and hooves
- Flatulence
- Ulcers
- Worms
- Heart murmurs

Behavioural:

- Emotional neglect or abandonment
- Loss of will to live

THINK 'CARROT SEED' FOR:

- Any time there is or has been abandonment or neglect, emotional or physical.
- An inability to give or receive nurture, especially if the animal is underweight or heals slowly or has a poor quality coat or hooves/nails.



Chamomile, Roman

(Anthemis Nobilis, Chamamaelum Nobile)

ELEMENT: WOOD

HISTORY AND CHARACTER

Roman Chamomile is a small, half-spreading herb with feathery leaves and daisy like flowers; a sweet and gentle plant, delicate yet sturdy. Native to southern and western Europe, it is widely cultivated throughout Europe and the USA. This pale blue oil, is similar to its cousin German chamomile, but less anti-inflammatory and more suited to those who are likely to make a fuss about every little thing, rather than bear it stoically. Roman chamomile is ideal for those who are constitutionally nervous, 'jumping out of their skins' and over-reactive, especially if they suffer from diarrhoea when anxious. The oil calms the nerves, stomach and skin, and helps them live more comfortably in their skins, physically and emotionally. For me it is "the child's oil" as it is gentle, soothing and works well for 'growing up' problems, such as teething, colic and restlessness; it also helps animals who are fearful or nervous with children and soothes immature tantrums and outbursts of emotion, however old you are.

SYNONYMS

English Chamomile, Garden Chamomile, True Chamomile, Sweet Chamomile.

EXTRACTION AND CHARACTERISTICS

Steam distillation of the flower heads. A pale, blue, mobile liquid, turning yellow with age.

FRAGRANCE

Fruity, herbaceous, apple-like, with a bitter note.

PRINCIPAL CONSTITUENTS

Esters: tiglates, angelates

Ketones: pinocarvone

Terpenes: α -pinene, β -pinene, chamazulene

ACTIONS

Analgesic, anti-inflammatory, anti-neuralgic, antiparasitic, antiseptic, antispasmodic, carminative, digestive, sedative, tonic vulnerary.

SAFETY

Generally non-toxic and non-irritant; can cause dermatitis in some individuals.

PRINCIPAL USES:

Physical:

- Inflamed, itchy skin
- Stress related skin problems
- Nervous digestive problems
- Diarrhoea
- Sweet itch
- Exema

Behavioural:

- Constitutional nervousness
- Nervous aggression
- Fear, nervousness or intolerance of children
- Restlessness

THINK "ROMAN CHAMOMILE" FOR:

- Nervous flighty animals, especially if they suffer from itchy, irritable skin, or stress related stomach upset.
- Any issues that involve children, especially if there is frustration or angry outbursts.



Frankincense

(*Boswellia Carterii*)

ELEMENT: EARTH (METAL)

HISTORY AND CHARACTER

Frankincense is a small tree or shrub with masses of pinnate leaves and white or pale-pink flowers. It grows wild throughout the deserts of North-East Africa. It has been an important incense in all the religions of the world since the Ancient Egyptians. Frankincense slows and deepens breathing, which is why frankincense is useful for asthma; it is also said to “distance the mind from worries and fears”. Frankincense eases the passage into death and can be used when trying to decide whether to euthanize an animal. Frankincense also helps us let go of the past and old attachments that have outgrown their usefulness. It calms and centres the mind, allowing us to focus on the present.

SYNONYMS

Olibanum, Gum Rhus.

EXTRACTION AND CHARACTERISTICS

Steam distillation from the oleo gum resin. It is a pale yellowish to green liquid.

FRAGRANCE

Sweet, balsamic top-note and resinous, smoky bottom-note.

PRINCIPAL CONSTITUENTS

Esters: octyl acetate, incensyl acetate, bornyl acetate

Alcohols: octanol, incensol, linalol

Terpenes: sabinene, α -pinene, limonene, α -thujene, ρ -cymene

ACTIONS

Analgesic, anticatarrhal, anti-depressive, anti-inflammatory, antiseptic, antioxidant, cicatrisant, energising, expectorant, immunostimulant.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising.

PRINCIPAL USES

Physical:

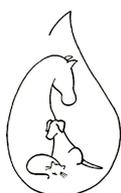
- Claustrophobia
- Asthma
- Diarrhoea, especially if triggered by nerves
- Scars, ulcers and wounds
- To ease the passage into death

Behavioural:

- Stereo-typical behaviours (cribbing, pacing, spinning)
- Specific fears, e.g. fireworks
- Noise sensitivity
- Anxiety and restlessness

THINK 'FRANKINCENSE' FOR:

- Anxious or fearful animals, especially if there are signs of claustrophobia such as pacing or refusing to go into enclosed areas, or asthma, or loose stools.
- Fear of fireworks and other known triggers.
- When deciding about euthanasia.



Geranium

(*Pelargonium Graveolens*)

ELEMENT: WATER (FIRE)

HISTORY AND CHARACTER

A sprawling, aromatic perennial shrub with hairy serrated leaves and small pink flowers. *Pelargonium graveolens* is native to South Africa but widely cultivated. Until recently, essential oil was mostly produced in Reunion (Bourbon), Egypt, Madagascar and China, with the Bourbon oil being the most prized; South Africa now produces a very good quality oil as well. Because there is so much confusion between *pelargonium*, which we call geranium, and true geranium, which we call cranesbill or herb Robert, it is unclear what the historical uses of the plant are. Nonetheless, the strongest physical and energetic action of geranium oil is 'to regulate'. This is due to its powerful effect on the adrenal cortex, which regulates hormones and other endocrine functions. It is one of the most Yin of the essential oils and helps us to reconnect with the feminine principle within ourselves, increasing sensitivity, spontaneity, and our ability to receive making us feel secure in ourselves. Geranium can be used anywhere there is a lack of Yin, which is characterised by dryness rigidity, or over-heating, and is especially good for mature females.

SYNONYMS

Rose Geranium, *Pelargonium*.

EXTRACTION AND CHARACTERISTICS

Steam distillation of the leaves, stalks and flowers. The oil is a wonderful clear green colour.

FRAGRANCE

A very sweet and fresh, slightly spicy top-note, with green mid-notes and a musty, river-bottom, bottom-note.

PRINCIPAL CONSTITUENTS

Alcohols: citronellol, geraniol, linalol

Esters: citronellyl formate, geranyl formate, geranyl tiglate

Aldehydes: geranial, citronellal

Ketones : isomenthone, menthone

ACTIONS

Analgesic, antibacterial, antidiabetic, antifungal, anti-inflammatory, antiseptic, antispasmodic, astringent, cicatrisant, decongestant, digestive, haemostatic, insect repellent, phlebotonic (lymph) relaxant, tonic to liver and kidneys.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising; dermatitis has been seen in some individuals, especially with the Bourbon type.

PRINCIPAL USES

Physical:

- Hormone problems
- Skin problems, especially greasy dandruff
- Lice and mosquitoes
- Fungal infections of the skin
- Dry or greasy flaky skin
- Facial neuralgia

Behavioural:

- Insecure, moody types
- New home or other disruptions to lifestyle

THINK 'GERANIUM' FOR:

- Insecure or depressed animals who lack self-confidence, especially if their moods are cyclical or their skin is over dry, greasy or unbalanced.
- Older females/adolescent males who show a lack of receptivity.



Helichrysum

(*Helichrysum Italicum*)

ELEMENT: WOOD (METAL)

HISTORY AND CHARACTER

A strongly aromatic shrub, about 60 cm/2ft high with a multi-branched stem of silvery, lanceolate leaves, native to the Mediterranean (especially the east). The small, bright yellow, daisy-like flowers become dry as the plant matures but still retain their colour and fragrance, hence the common name of everlast or immortelle. Traditionally used in a decoction for migraine, chronic respiratory problems, liver ailments and all types of skin conditions, this is the best essential oil for bruises. You can practically watch the bruise fade before your eyes after applying a few drops of undiluted helichrysum, plus, unlike the other famous bruise remedy, arnica, it can be used on broken skin to disinfect cuts. Helichrysum has a similar effect on bruised emotions, dissolving resentment held over from past hurt. Energetically, helichrysum releases blocked energy, especially anger that has been repressed and become simmering and resentful.

SYNONYMS

Everlast, Immortelle, St John's Herb.

EXTRACTION AND CHARACTERISTICS

Steam distillation from the fresh flowers. It is a pale yellow, red-tinged oil with a powerful honey-like scent and a slightly bitter/pungent undertone.

PRINCIPAL CONSTITUENTS

Esters: neryl acetate, neryl butyrate

Ketones: beta-diones

Alcohols: nerol, geraniol, linalol

Terpenes: limonene, pinene, beta-caryophyllene

Aldehydes: isovaleric

Phenols: eugenol

ACTIONS

Anti-allergenic, anticatarrhal, anticoagulant, antidiabetic, antifungal, antihæmatomic, anti-inflammatory, antiseptic, antispasmodic, antiviral, digestive, cholagogic, cicatrizant, hepatic, mucolytic, neurotonic, phlebotonic, stimulant.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising.

PRINCIPAL USES

Physical:

- Bruises and wounds
- Nervous exhaustion
- Allergies
- Burns, boils, eczema
- Hepatic congestion
- Aches, pains, strains
- Asthma, bronchitis, chronic coughs
- Bacterial infections

Behavioural:

- Deeply bruised emotions
- Habitually negative behaviour
- Past abuse
- Resentful, simmering anger

THINK "HELICHRYSUM" FOR:

- Animals that are holding resentment over past treatment and are stuck in negative patterns that are no longer useful, especially if they have irritated skin.
- Any bumps/bruises, impact injury, rash, or burn.



Juniper berry

(*Juniperus Communis*)

ELEMENT: WATER (METAL)

HISTORY AND CHARACTER

A shrubby, evergreen tree with bluish green needles, small flowers and green or black berries, juniper is found throughout the northern hemisphere. There are several species of juniper from which an oil is produced and their actions are different, so pay attention to the Latin name. Traditionally juniper berry has been used for urinary infections, respiratory problems and gastro-intestinal conditions; it also flushes out the liver and breaks down uric acid. Juniper's sharp pungent fragrance dispels negativity and since ancient times it has been used for spiritual purification; it is especially powerful at clearing out and protecting our psychic space. Juniper benefits those who are overwhelmed by crowds, or lack confidence in social groups, and helps to settle those who feel restless after being at 'an occasion'.

SYNONYMS

Common Juniper

EXTRACTION AND CHARACTERISTICS

Steam distillation of the fresh berries, sometimes fermented berries are used, this is an inferior product. There is also an inferior oil made from the twigs and wood. The oil is a clear or slightly yellow mobile liquid.

FRAGRANCE

Camphoraceous, fresh, piney, with a warm, woody undertone.

PRINCIPAL CONSTITUENTS

Terpenes: α -pinene, limonene, β -pinene, myrcene, sabinene, τ -terpinene, α -thujene, δ -cadinene, p -cymene, α -terpinene, β -caryophyllene, terpinolene

Alcohols:terpinen-4-ol

ACTIONS

Analgesic, anti-diabetic, antiseptic, detoxicant, digestive tonic, diuretic, hypo-uricemic (breaks down uric acid), litholytic, soporific.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising. It should be used with caution in patients with kidney inflammation as high levels of the diuretics 4-terpineol and terpinen-4-ol may cause irritation. Do not use in pregnancy.

PRINCIPAL USES

Physical:

- Arthritis
- Oedema
- Overworked soft tissue
- Muscle cramps
- Kidney infection
- After medical procedures to cleanse the liver

Behavioural:

- Restlessness
- Suspicion
- Those who are overwhelmed by or restless in crowds
- Nervous snappiness

THINK 'JUNIPER BERRY' FOR:

- Animals who have withdrawn into themselves, often being grumpy and actively protective of their space, especially if there is any stiffness of joints or muscles or a weakening of the bladder, or there is a history of medical procedures that required anaesthetic.
- Those who fall apart in crowds becoming fearful and withdrawn.



Lavender

(*Lavandula Angustifolia/Officinalis*)

ELEMENT: FIRE (WOOD)

HISTORY AND CHARACTER

An evergreen perennial herb, with pale spiky leaves and violet blue flowers that rise above the main bush on slender stalks. Native to the Mediterranean but now cultivated all over the world, traditionally the best oil came from Provence in France. Lavender has a wide range of uses and has been with us as a folk remedy for a long, long, time. It is a cure-all and intimately linked with the development of aromatherapy as we know it today. Lavender is said to have a highly synergistic nature, strengthening the actions of other oils it is blended with. Energetically lavender is cool and dry, soothing our brows in times of feverish emotions. It stills the heart and helps oversensitive individuals to express themselves freely. It is particularly useful for those whose emotions overwhelm reason, paralysing action or inducing hysteria. Many countries produce good quality lavender now, and it is worth having a selection as each lavender carries the energy of the land and culture that produced it. Lavender from England is genteel, moist and very soothing, lavender from Israel is hot, dry and very fast-acting; lavender grown at high altitude is the most energetically refined. I call lavender Florence Nightingale, after the famous British nurse, because you can always call on her for a little light nursing or when in need of extra TLC, either physically or emotionally.

SYNONYMS

L. Vera, Common Lavender, Garden Lavender.

EXTRACTION AND CHARACTERISTICS

Steam distillation of the fresh flowering tops.

FRAGRANCE

Sweet, herbaceous, floral, slightly camphoraceous.

PRINCIPAL CONSTITUENTS

Esters: linalyl acetate, lavandulyl acetate

Alcohols: linalol, terpinen-4-ol, lavandulol

Terpenes: cis-caryophyllene, limonene,
β-caryophyllene

Oxides: 1,8 cineole

ACTIONS

Analgesic, antibacterial, antifungal, anti-inflammatory, antiseptic, antispasmodic, calmative, cardiotoxic, carminative, cicatrisant, emmenagogic, hypotensive, sedative, tonic.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising. May be applied to the skin without dilution, however lavender oil is often adulterated.

PRINCIPAL USES

Physical:

- Stress-related skin conditions
- Burns
- Scars
- Wounds
- Proud flesh
- Swellings
- Sinusitis
- Flea repellent
- To support other oils

Behavioural:

- Nervous hysteria
- Shyness
- Shock

THINK 'LAVENDER' FOR:

- Almost all skin conditions, especially if the animal has a strong need for connection, or shows nervous



- restlessness, but especially burns and proud flesh.
- Shy, timid animals who want to connect but don't dare.

Lemon

(*Citrus Limon*)

ELEMENT: EARTH (FIRE)

HISTORY AND CHARACTER

A small citrus tree with glossy, evergreen leaves, small white flowers, and an abundance of yellow fruit. Native to Asia, it now grows wild in the southern Mediterranean and is widely cultivated. It is a very nutritious fruit and a great pick-me-up. Traditionally, it was used to protect against typhoid, malaria and scurvy. Physically, one of lemon's strongest actions is as an immune stimulant. It also has the ability to break down excessive build up of bone, for instance kidney stones. Traditionally horsemen used to strap half a lemon to a horse's leg as a cure of ringbone. Energetically, lemon is light, cleansing, refreshing, uplifting, sharpens focus and reduces confusion, helping to assimilate change and increase trust in oneself and others. Lemon is a simple soul with a wide range of uses and one of my personal favourites.

SYNONYMS

C. Limonum.

EXTRACTION AND CHARACTERISTICS

Cold-pressed from the outer part of the fresh peel.

FRAGRANCE

Sharp, sweet, clean with a bitter bottom note.

PRINCIPAL CONSTITUENTS

Terpenes: limonene, β -pinene, γ -terpinene, β -bisabolene, α -pinene, p -cymene

Aldehydes: geranial, neral

ACTIONS

Anti-anaemic, antibacterial, anticoagulant, antifungal, anti-inflammatory, antisclerotic, antiseptic (air), antispasmodic (stomach), antiviral, astringent, calmativ, carminative, digestive, diuretic, expectorant, immunostimulant, litholytic, pancreatic stimulant, phlebotonic, stomachic.

SAFETY

Non-toxic, may cause dermal irritation in some individuals, possible photo-toxicity, dilute below 2% on exposed skin.

PRINCIPAL USES

Physical:

- Immune tonic
- Kidney and liver congestion
- Kidney stones
- Bony growths

Behavioural:

- Hyper alert animals
- Issues of trust
- Over-reactive animals

THINK 'LEMON' FOR:

- Hyperactive animals who tend to run when scared, especially if they are underweight or prone to illness or lack trust in themselves or their owner.
- Bony growths.



Peppermint

(*Mentha Piperita*)

ELEMENT: EARTH (WOOD AND METAL)

HISTORY AND CHARACTER

A perennial herb up to 1 m/3 ft high with strong underground runners, green stems and leaves. There is also a black peppermint which has dark green serrated leaves and purplish stems. There are records of peppermint being used in Ancient Egypt, and the Romans and Greeks used it to perfume their beds, and in wine. Pliny said, "The very smell of it recovers and refreshes the spirit". It is one essential oil that is officially classified as a medicine for digestive problems, such as colitis and irritable bowel syndrome. Peppermint has a unique hot/cold effect when applied to the skin, so can be used along with hot/cold treatment for lameness in horses. Energetically, peppermint is invigorating and awakening, bringing things into focus mentally and emotionally. It helps animals to be clear about their boundaries so it is easy to take in and give out without defensiveness and with discrimination.

SYNONYMS

Brandy Mint, Balm Mint.

EXTRACTION AND CHARACTERISTICS

Steam distillation from the flowering herb. It is a pale yellow to green mobile liquid.

FRAGRANCE

Cool, fresh, minty, pungent and green, slightly sweet.

PRINCIPAL CONSTITUENTS

Alcohols: menthol, neomenthol, viridiflorol

Ketones: menthone, iso-menthone, neomenthone, piperitone

Esters: menthyl acetate

Oxides: 1,8-cineole

Others: Menthofuran

ACTIONS

Analgesic, antibacterial, anti-inflammatory, anti-lactogenic, anti-migraine, antiseptic, antispasmodic, antiviral, carminative, decongestant, digestive, expectorant, hepatic, hormone-like (ovarian stimulant), hypertensor, insect repellent, mucolytic, neurotonic, reproductive stimulant (impotence), uterotonic.

SAFETY

Generally held to be non-toxic. Do not use with children. Use in high dilutions on skin. Do not use on broken skin. Do not use in conjunction with homeopathy.

PRINCIPAL USES

Physical:

- As a local anaesthetic
- Tendon injury
- To reduce swelling for aches, pains and strains
- Digestive upsets
- Colic
- Colitis
- Nerve damage
- Asthma and bronchitis
- Congested sinuses
- Irritable bowel syndrome

Behavioural:

- Animals who are bullied or bully others
- Animals who are sensitive about their personal space
- Defensive aggression
- Lack of concentration

THINK 'PEPPERMINT' FOR:

- Animals who display nervous aggression or over-defensiveness of their personal space, especially if they lack



- focus and suffer from digestive problems or asthma.
- Tendon damage.

Thyme

(*Thymus Vulgaris*)

ELEMENT: METAL (WATER)

HISTORY AND CHARACTER

Thyme is a small, evergreen shrub with tiny fragrant leaves and woody stems. Thyme is native to the hot, rocky slopes of the Mediterranean but is cultivated throughout the world. It was used by the Egyptians for embalming and by the Greeks to clean the air of infection because of its anti-bacterial nature. It has been widely used as a cooking herb, especially to preserve meat, testament to its antibacterial properties. In Western herbal lore, thyme has been used for respiratory infections and digestive problems. Energetically, thyme is very warm and dry, especially the thymol chemotype, inspiring yang energy to flow smoothly. Thyme infuses the Kidney meridian with warmth, stimulating us at an essential level to overcome fear. This is supported by thyme's stimulant action on the lungs, which encourages deep, regular breathing. I call it the Brave oil.

SYNONYMS

Common Thyme, Garden Thyme.

EXTRACTION AND CHARACTERISTICS

The essential oil is obtained by water or steam distillation from the fresh or partially dried leaves and flowering tops. 'Red thyme' oil is obtained from the first distillation and 'white' thyme oil is produced by further distillation. The oil is a clear mobile liquid and the colour can be anywhere from rusty red to pale yellow depending on the chemotype.

FRAGRANCE

Warm, herbaceous, sweet, medicinal.

PRINCIPAL CONSTITUENTS

There are two main chemotypes of thyme sold today, these are thymol, which is strongly disinfectant and harsh on the skin and linalol, less disinfectant but much more gentle on the skin and psyche.

ACTIONS

Anthelmintic, antiseptic, antispasmodic, antitoxic, carminative, diuretic, expectorant, hypertensive, rubefacient, stimulant and vermifuge.

SAFETY

Due to the high content of the phenols carvacrol and thymol, certain chemotypes can irritate mucous membranes, cause dermal irritation and may cause sensitisation in susceptible animals. The essential oil should be used in low concentrations. It is contraindicated with high blood pressure. The alcohol-rich chemotypes are much safer to use.

PRINCIPAL USES

Physical:

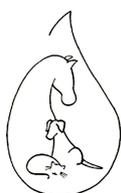
- Respiratory problems, excess mucous
- Digestive disease and diarrhoea
- Circulatory stagnation
- Bacterial infections
- Thrush

Behavioural:

- Lethargy
- Despondency
- Animals who lack courage

THINK 'THYME' FOR:

- Fearful animals who feel overwhelmed by responsibility.
- Defensive aggression, especially if there is a tendency to produce excess mucous or diarrhoea.
- Aggressive bacterial infection.



Vetiver

(*Vetiveria Zizanoides*)

ELEMENT: EARTH (WATER)

HISTORY AND CHARACTER:

A tall tropical grass with scented tufts and a spreading root system. Native to Southern India (where it is known as the Oil of Tranquillity), Indonesia and Sri Lanka, it is now mostly cultivated in Java, Haiti and Reunion. Traditionally, Indians have used vetiver as a vermin repellent for their animals and woven into aromatic matting for their houses. The Indians also anoint themselves with the oil in Hot Season to help keep them cool, and in Ayurveda it is used for joint problems and eczema. Energetically, vetiver is nurturing, the 'Earth mother' oil, calming and reassuring; it is grounding and helps to bring us back into the present, gathering scattered energies. I call it the 'Labrador' oil as I commonly use it for the over-enthusiastic 'love me, love me,' behaviour that is typical of Labrador retriever dogs. Conversely, it is also useful for underweight animals who are apologetic about their existence.

SYNONYMS

Andropogon Muricatus, Khus Khus, Vetivert.

EXTRACTION AND CHARACTERISTICS

Steam distillation of the roots and rootlets. The oil is viscous and dark amber.

FRAGRANCE

Smoky, wet earth, with sweet overtones.

PRINCIPAL CONSTITUENTS

Alcohols: vetiverol

Ketones: β -vetivone, α -vetivone

Sesquiterpenes: α -murolene, vetivene, α -copaene, unresolved mixture C15 H22, unresolved mixture C14H22

ACTIONS

Anti-anaemic, antiseptic, circulatory tonic, emmenagogic, glandular tonic (pancreatic secretion), immunostimulant.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitizing.

PRINCIPAL USES

- **Physical:**
- Physically run down
- Underweight for no good reason
- Anaemia
- **Behavioural:**
- Ungrounded animals who don't know where they begin and end
- Emotional insecurity
- Perfectionists
- Restlessness
- Pushy animals who try to walk all over you

THINK "VETIVER" FOR:

- Animals who walk all over you in enthusiasm or fear, or don't know where their feet are and tend to knock things over or step on you and seek constant reassurance.



Yarrow

(*Achillea Millefolium*)

ELEMENT: WOOD (WATER)

HISTORY AND CHARACTER

Yarrow is a perennial herb growing up to 1 metre/3 ft high. It has a basal rosette of fern-like leaves and a tall stem bearing a tight-knit cluster of white to pale pink flowers that look like a shield, protection being one of its signatures. Native to Eurasia and found in hedgerows throughout Britain it has naturalised in most temperate zones but the chamazulene content is highest in the oil distilled in Eastern Europe. It has been used since ancient times and was reputed to have been used by Achilles (hence the name) for wounds caused by iron weapons. The stalks are traditionally used for reading the I-Ching. Yarrow helps release energy held around physical and emotional scars and past trauma, especially when the trauma manifests as angry fear. Yarrow is one of the essential oils I use most commonly for animals, especially troubled animals with an unknown history, or if I suspect past trauma of any kind because of behaviours or scars.

SYNONYMS

Soldier's wort, Milfoil, Nosebleed, Old Man's Pepper, and many other local variations.

EXTRACTION AND CHARACTERISTICS

Steam distillation of the dried herb. The oil varies from pale green to a deep blue depending on chamazulene content, the bluer the oil the more anti-inflammatory it is.

FRAGRANCE

Sweet, herbaceous, spicy, with a soft woody dryout.

PRINCIPAL CONSTITUENTS

Terpenes: β -farnesene, α -farnesene, α -humulene, p -cymene, camphene, α -pinene, caryophyllene, chamazulene

Alcohols: borneol

Aldehydes: neral

Ketones: camphor, thujone, artemisia ketone

Esters: bornyl acetate

Oxides: 1,8 cineole, bisabolol oxide. bisabolone oxide

ACTIONS

Anti-allergenic, anti-inflammatory, antiseptic, antispasmodic, carminative, expectorant, febrifuge, haemostatic.

SAFETY

Generally held to be non-toxic, non-irritant and non-sensitising. One of the few oils you can use undiluted. Avoid in pregnancy and young children. Occasionally yarrow can trigger 'acting out' of a past trauma the first time it is given.

PRINCIPAL USES

Physical:

- Wounds
- Inflammations
- Sprains and strains
- Urinary infections
- Ear infections
- Allergies
- Skin problems of all kinds
- Arthritis
- Scars

Behavioural:

- Emotional release around scars
- Fearful anger
- Past abuse

THINK 'YARROW' FOR:

Any animal whose past history is unknown to you, especially if it is exhibiting behavioural problems, or if there is a history of physical or emotional trauma.

