



This list has been put together by Kerstin Tracy

Congratulations on choosing essential oils to support your horse's well-being. Horses are extremely sensitive to smell as it helps them find food and water sources, detect predators, helps recognize locations, and more.

**Here are some important tips:**

1. Do not touch your horse's nose with the bottle if you are letting them inhale them, keep a distance.
2. Do not use essential oils on in-foal mares unless directed by your veterinarian.
3. Do not use essential oils around the eyes or genital areas.
4. Make sure you hold the bottle firmly in case your horse may try to grab it with its mouth
5. Do not force essential oils onto your horse - if they don't like it, just pick another essential oil or let it be. Test the horse's response to the aroma before applying it or letting it smell it.
6. Reactions to oils: your horse turns its head away or puts ears back - not interested, some horses prefer to lick the oil of the hand
7. If lumps on the neck or area of direct application occur, stop offering essential oils as it could indicate an allergic reaction.
8. Less is more - 1-3 drops diluted in water to apply to their coat can be enough.
9. **Store Essential Oils in a Cool and Dark Place.**

**Essential oils to keep at the barn:**

**Basil**  
**Bergamot**  
**Cypress**  
**Cedarwood**  
**Fennel**  
**Frankincense**

**Geranium**  
**Grapefruit**  
**Lavender**  
**Lemongrass**  
**Majoram**  
**Myrrh**  
**Patchouli**  
**Peppermint**  
**Rosemary**  
**Tea Tree Oil**

**Here are some general characteristics of the oils listed:**

**Basil:** tired and overworked muscles, muscle cramps and spasms – especially show jumping horses, sluggish circulation, viral infections, congested coughs and colds especially with a fever, travel phobia, head shaking, lack of concentration, flighty and distracted animals, those that fall apart under pressure, reactions to toxins or poisonous bites, a sniff of Basil sharpens the mind and increases focus before a horse show.

**Bergamot:** tumors, warts, sarcoids, growth of any kinds, viral infection, ringworm, skin irritations, brings bio-system into balance, post parturition, depression, frustrated irritability, snappiness, moody horses, eases anxieties especially pre-event jitters, kills airborne bacteria

**Cedarwood Atlas:** weak kidneys or back, wheezing, asthma, edema, hair loss, fear, timidity, lack of willpower, new home, unsettled, very grounding and relaxing

**Cypress:** hormonal issues, irregular cycles, back aches, adrenal regulator, excessive perspiration, muscular cramps, edema, sluggish circulation, asthma, grief, any loss that destabilized emotions, horses that have shut down due to moving too much, timid, easily overwhelmed, stiff and untrusting

**Fennel:** phantom pregnancy, problems with lactation, intestinal gas, spasmodic colic, constipation, regulates hormonal cycles, unpredictable behavior around estrous cycle in mares, urinary infections, poisonous bites, arthritis and similar conditions, anxiety-related obsessive behaviors, over or under active nurture instincts, obsessive anxiety, soft lumps

**Frankincense:** Past and present fears, slows and deepens breathing, cribbing, pacing, spinning, noise sensitivity, fear of fireworks and other known triggers, Frankincense is an old wound healer – really good for those wounds that heal slowly, great for chest rubs in case of respiratory issues, soothes fears when it comes to trailering and other events

**Geranium:** hormonal issues, skin problems especially greasy dandruff, fungal infections of the skin, facial neuralgia, insecure and moody horses, new home and other disruptions to lifestyle,

great for massaging deep into muscles – really addresses stuck fascial tissues and has an analgesic effect, helpful in young, moody and temperamental race fillies

**Grapefruit:** stimulates lymphatic drainage and digestion, cleanses the liver, may limit overeating, irritable bowels, depression, confusion, irritability, long-running digestive disturbances especially if accompanied by anxiety and lymphatic congestion, refreshing and uplifting

**Lavender:** stress-related skin conditions, burns, scars, wounds, proud flesh, swellings, sinusitis, nervousness, shyness, shock, timid horses who want to connect but don't dare, when stress is causing disruptions to preparations during competition, have lavender ready, soothes and nurtures, clears old energies

**Lemongrass:** viral infections, nervous exhaustion, soft tissue damage, fungal infections, lymphatic drainage, diarrhea, digestive issues, sprains, tendinitis – makes a great rub for those affected tendons, rheumatism, depression, confusion, anxiety, chronic problems of the digestive or muscular-skeletal system, especially if accompanied by depression or anxiety, as the rider: great helper when studying for dressage tests – it helps you retain your learning

**Marjoram:** muscle cramps, stiffness, strained muscles, tachycardia, colicky intestinal cramps, loss of companion, those who need constant emotional reassurance, nervous exhaustion

**Myrrh:** fungal infections, weeping wounds, rain-scald and mud fever, excess mucous, sadness, weighed down by responsibility, quiet anxiety, over-concern for others, grief, loss. Those who are stoic about pain and past suffering; especially if they have breathing problems.

**Patchouli:** damaged skin, diarrhea, immune imbalances, insect or snake bites, nervous exhaustion, sore back, strained muscles, viral infections, depression, anxiety, nervous tension, insecure horse who needs physical reassurance, emotional collapse, mental confusion, horses who tend to take too much responsibility on themselves and become emotionally exhausted or physically uncomfortable, which shows as bad temper or pushing others around, warming and comforting, grounding

**Peppermint:** local anesthetic, tendon injury, reduces swelling for aches, pains and strains, digestive upsets, colic, colitis, nerve damage, asthma and bronchitis, congested sinuses, horses who are being bullied or bully others, horses who are sensitive about their personal space, lack of concentration, mental stimulant - great for horse shows

**Rosemary:** sluggish circulation, navicular disease, overworked muscles, respiratory congestion, patchy coats, tight muscles, nervousness, lack of confidence, disconnected emotionally or mentally, horses on stall rest to stimulate their minds and their circulation

**Tea Tree (Melaleuca):** wound disinfectant, skin infections, abscesses, immune stimulant, fever, strangles, first aid, cleaning wounds and abscesses or infected wounds, or thrush in horses feet, bladder and kidney infections

**Some more specific issues:**

**Circulation, Muscles, Joints:**

For aches and pains: peppermint, basil, marjoram

**Arthritis:** basil, fennel

**Bruising:** lavender, frankincense

**Laminitis:** basil, pachouli

**Muscle cramps:** basil, cypress, majoram

**Muscle fatigue:** basil, cedarwood, lemongrass, marjoram

**Tendon damage:** lemongrass and frankincense

**Digestive System:**

**Colic:** Fennel, lemongrass, peppermint

**Intestinal disturbances:** fennel, peppermint, frankincense

**Food obsessed:** basil, fennel, grapefruit

**Behavioral Issues/Nervous System:**

**Fearful horse:** lavender, frankincense

**Nerve issues:** basil, peppermint

**Hormonal Issues:**

Bergamot, geranium, fennel



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