

# Premium Starter Kit Oils and Uses for Horses

**COPAIBA**: Tapped directly from the copaiba tree in Brazil, it includes the naturally occurring constituents beta-caryophyllene and alpha-humulene. Copaiba helps regulate the body's natural immune response and supports the body's natural response to irritation and injury. It also supports healthy lungs, respiratory tract, sinuses and throat. Copaiba is an “amplifier” oil which means it magnifies the beneficial effects of other essential oils when used with them. Layer copaiba on last when applied topically.

- Apply topically, neat or diluted, on areas of pain or stiffness, on stressed or sore muscles, and for other physical discomforts to support the body's natural response. May reduce muscle spasms and acute inflammation associated with exercise.

**DI-GIZE**: This special combination of 8 essential oils, Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise and Patchouli, is formulated to aid proper digestive function and soothe digestive discomforts. Di-Gize may help horses that suffer from diarrhea and colic.

- Apply topically to the horse's tummy and massage or/and add 10 drops to their feed as top dressing

**FRANKINCENSE**: This “holy anointing oil”, *Boswellia carterii*, has been used in religious ceremonies for thousands of years and was “used to treat every conceivable ill known to man” during ancient times. It includes the naturally occurring constituents boswellic acid and alpha-pinene and offers powerful all-over body support. Frankincense modulates the immune system and supports both the immune and respiratory systems. It also helps with scarring, bruising, insect bites, nervous conditions, discomfort in the body and blue mood. Using it contributes to better physical and emotional health.

- Apply topically or diffuse

**LAVENDER**: Lavender has been treasured for centuries for its calming influence and skin-soothing qualities. It's a blood adaptogen – meaning it stops bleeding from cuts – and will help alleviate minor pain associated with daily life. It is so versatile that it is nicknamed the “Swiss army knife” of essential oils.

Note: Lavender is calming in small quantities, but in larger quantities it can be energizing.

- Apply topically on areas of discomfort
- Diffuse or have the horse inhale for stress relief

**LEMON**: Pressed from the rind, lemon oil includes the naturally occurring constituent limonene, a potent antioxidant that studies show may block cell-damaging chemicals. It boosts mood, promotes clarity of thought and purpose, and may improve concentration. Lemon oil has been shown to be effective in cleansing the liver and boosting the immune system.

It helps purify water and is especially good in water buckets when traveling with your horse. Lemon has shown to be a deterrent for strangles when diffused in the barn. Avoid direct contact with sunlight for up to 12 hours after putting lemon oil on the skin.

- Add to water
- Diffuse in barn

**PANAWAY**: Consisting of Wintergreen, Helichrysum, Clove and Peppermint essential oils, this blend is formulated to help alleviate minor aches and pains associated with every life or muscle pain from exercise. It features the naturally occurring constituents methyl salicylate, gamma-curcumene, and menthol and soothes minor aches and pains. PanAway helps support cartilage and joint function. Dilute and apply topically to soothe soreness in the body, relieve discomfort, and aid the body's natural response to irritation and injury.

- Dilute with carrier or massage oil and apply topically to areas of concern as often as needed. Reduces discomfort in the body from exercise, bumps, bruises, muscle spasms or cramps, aches, sprains, joint discomfort, head or neck tension, or backaches.

**PEPPERMINT:** Peppermint is one of the oldest and most highly regarded plants for supporting normal digestion and efficiency of the digestive tract. It promotes healthy intestinal function and gastrointestinal system comfort. When used along with **DI-GIZE** it has shown effectiveness to expel gas buildup, calm the digestive tract and relieve colic.

It helps to cool over-heated horses and also reduce fever when diluted and sprayed on the shoulders and front legs. Use it in water buckets on hot days or when traveling to encourage hydration. Peppermint also provides respiratory support.

Peppermint oil increases mental accuracy, energy and alertness, and helps relieve tension and discomfort of the neck and head. It is also a “driver” oil, which means when layered on top of another oil it provides greater essential oil penetration into the body.

- Apply or ingest for gastro discomfort (can be mixed with Di-gize)
- Apply on horse’s temples to reduce head discomfort
- Diffuse or inhale for clarity
- Dilute with water to cool down horse or add to water to encourage water intake

**PURIFICATION:** This refreshing blend of Citronella, Rosemary, Lemongrass, Melaleuca (Tea tree), Lavandin and Myrtle essential oils cleans, neutralizes and purifies. Diffuse it in the barn to clear the air or get rid of odors, and use it in a spray bottle to disinfect feeding buckets or stalls. Purification may also be used to neutralize itching and swelling of bug bites plus may be applied to cuts and scrapes to sanitize them.

- Diffuse
- Dilute for cleaning
- Apply topically

**RC:** This blend is a unique combination of 3 types of Eucalyptus, Myrtle, Marjoram, Pine, Lavender, Cypress, Black spruce and Peppermint essential oils. It is formulated to support a healthy respiratory system, lungs, and sinuses. It includes the naturally occurring constituents eucalyptol, limonene, linalol, linalol acetate, and camphene and supports the immune system.

- Diffuse or inhale directly
- Dilute and apply topically

**STRESS AWAY:** This unique, soothing blend of Copaiba, Lime, Cedarwood, Vanilla, Ocotea and Lavender essential oils brings feeling of peace and tranquility to your horse and helps to relieve nervous tension, stress and minor anxiety. Containing the naturally occurring constituents alpha-caryophyllene, beta- humulene, limonene, cedrol, and linalool, Stress Away promotes relaxation, restores equilibrium, and improves mental response.

- Diffuse or inhale to make them feel calm, relaxed, positive, and balanced
- Dilute with carrier oil for an uplifting neck and shoulder massage
- Rub on any areas of discomfort or tension including the head

**THIEVES:** Thieves oil was given its name because of a small group of thieves that used these oils to protect themselves from getting sick as they robbed the dead and dying during the plagues in Europe during the 14<sup>th</sup> century. This amazing one-of-a-kind blend of Clove, Lemon, Cinnamon Bark, Eucalyptus and Rosemary essential oils is designed to support a healthy immune system. Containing the naturally occurring constituents limonene, eugenol, and eucalyptol, Thieves helps maintain healthy respiratory and immune systems.

This blend is highly effective when used at the onset of thrush, hoof rot, abscesses, skin fungus, ringworm, rainrot, infections and laminitis. Diffusing Thieves can significantly reduce the number of air-borne germs that may negatively affect horses.

- Apply topically for skin issues or boost immune support
- Diffuse to purify the air

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