

EQUINE SPORT MASSAGE

Pre-Event Massage for Horses

The following is a partial listing of horse maladies and how I have found essential oils beneficial. I only use therapeutic grade oils from Young Living. To purchase oils visit: www.youngliving.com/bonnieoils

Malady	Oil	How I use it
Arthritis/ Cartilage build- ers	<i>Wintergreen</i>	Natural anti-inflammatory, combined with cartilage builders (9 drops <i>Lemongrass</i> , 10 drops <i>Marjoram</i> and 12 drops <i>Wintergreen</i>).
Ear Ticks	<i>Purification</i>	6-7 drops in small container of Vaseline, rub on inside of ear weekly for complete relief.
Girth Itch or Rain Rot/Scratches	<i>Melaleuca Alternifolia</i>	10 drops in 1qt. spray bottle of water. Spray effected area daily till cleared up. Spray cinch and wipe dry after each use to prevent.
Head Throwing	<i>Endo Flex</i>	One drop on each side of pole once daily till better and then once monthly for support.
Ligaments	<i>Lemongrass & Aroma Siez</i>	Mix 5 drops <i>Lemongrass</i> and 15 drops <i>Aroma Siez</i> then apply.
Muscles-Tight, Spasmed or Torn	<i>Wintergreen & Lemongrass</i>	Equal parts, massage 2-6 of drops of mixture on affected area.
Ringworm	<i>Melaleuca Alternifolia</i>	Use one drop on area once a day till gone.
Sarcoids	<i>Thieves</i>	One drop in growth daily till see it shrinking then weekly till gone.
Splints	<i>Wintergreen</i>	2 drops in 1T. carrier oil rubbed over bump daily for a week and then once a week till gone.
Stocking up/ swelling/edema	<i>Cypress & Tangerine</i>	Mix equal parts of each oil then rub on area once daily then as needed.
Tendon	<i>Vetiver, Valerian & Wintergreen</i>	4 drops first two and 8 drops <i>Wintergreen</i> ; gently massage area 2-4 times daily.
Thrush	<i>Oregano</i>	One drop on effected area daily till cleared up.
Warts	<i>Oregano</i>	One drop on wart once a day for 2 days.
White Hairs	<i>Lavender</i>	One drop directly on area once weekly till new hair comes in.
Worms	<i>Di-Gize</i>	Three drops each side of weathers every-other month.

In my practice of Equine Sport Massage I use *Valor* to balance the animal before the massage begins and use reflexology to test the horse for any other oils needed.

Bug Spray: 3 drops each: *Dill, Idaho Tansy, Lemon, Palo Santo & Peppermint*. Mix in 1 qt. spray bottle filled with water and 1tsp. *Thieves* Household Cleaner. For mosquitoes: 5 drops *Palo Santo* in 16oz spray bottle filled with water and 1tsp. *Thieves* Household Cleaner.