

# Aromatherapy for Pets: Make Dogs Happy, Healthy and Smell Nice, Too!

Written on 03/18/2013 by [Brooke Arnold](#) in [Home Remedies](#), [Homeopathics](#)

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Aromatherapy is quite common in the human world, but did you know dogs can benefit from it, too? Dogington Post asked Dakarai Larriett, the Owner of Gerrard Larriett Aromatherapy Pet Care, to give us the scoop on aromatherapy for pets:

## What is aromatherapy?

Aromatherapy is believed to heal the mind and body when an individual inhales or absorbs essential oils through their skin. These oils are extracted from stems, bark, flowers, roots and leaves of certain plants. Not only humans, but also pets are benefited by this ancient alternative medicine.

## Benefits for pets

There is a wide range of essential oils available on the market which are especially beneficial for pets. Essential oils can be used on pets to treat itchiness, fleas, ticks and infections. Other essentials oils can be used to unwind your pet's mind and body, particularly during stressful situations such as travel and bad weather. An instant and obvious effect of using these essential oils is the natural removal of body odor.

## Precautions

Aromatherapy expert Liz Santher cautions that a dog or cat's sense of smell is much more acute than our own. Signs that an aromatherapy treatment is too overwhelming for your pet are tearing eyes, sneezing, pacing or whining. Essential oils are very potent and must always be diluted and used in very small quantities. These oils can be mixed with distilled water in a spray bottle and misted onto your pet or your pet's bed (use 20 to 30 drops of oil per eight ounces of liquid). For massage, one ounce of base oil should be mixed with no more than two or three drops of essential oil.

### **Where do I get these oils?**

Essential oils and aromatherapy recipes can be found at a variety of online and offline retailers. A simple and effective pre-formulated aromatherapy option is our Gerrard Larriett Aromatherapy Pet Care "Pet Spa in a Box" which includes a pet shampoo & conditioner, pet freshening and shining spray and handmade deodorizing soy candle for the home. Each Gerrard Larriett product has been custom formulated for the sensitive skin of pets and all of our signature aromatherapy scents have specific mind and body payoffs that benefit both the pet *and* the pet parent.

Start your aromatherapy pet care regimen today and your dog will thank you by being happy, healthy and smelling nice, too!

***Gerrard Larriett Aromatherapy Pet Care is giving away a \$50 Gift Certificate to one lucky Dogington Post reader!***

*To be entered in the contest, like their Facebook page [here](#). Gerrard Larriett will award a \$50 Gift Certificate to the person who posts the best answer to this question on their Facebook page: "My pet deserves a Gerrard Larriett 'Pet Spa in a Box' because \_\_\_\_\_" Go enter, and good luck!*