

Watch Out! These Essential Oils Can Be Toxic To Your Dogs!



It's no question that the use of essential oils has made quite a presence for itself in the world of health and beauty. Suddenly, almost everyone I know (especially my dear and adorable mother) is whipping out oil diffusers, harnessing the properties of aromatherapy, and even ingesting oils in drinks and food.

Even I must admit that using essential oils as a substitute for medication has its benefits. However, as a very protective mom to my precious dog and two cats, I thoroughly do my research before bringing new products that my animals will be exposed to through the door.

After digging into the facts, I have good news and bad news. I'll start with the good news!

Luckily, **most essential oils are completely harmless to pets, and some can actually be beneficial to their health.**

Now for the bad news.

There are a select few common essential oils that can be toxic to dogs.

If you're already a user of essential oils or thinking about picking them up, knowing which oils are safe to use, and the ones that are harmful to your pets, could save you a trip to the vet and preserve their health.

5 Essential Oils That Are Toxic to Dogs

While essential oils are 100% natural, it doesn't mean they're always safe to use around our pets. In fact, these oils have been scientifically proven to cause health problems in pets such as skin sensitivities, allergies, and

interference with their body's natural settings. If you have any of these oils at home, here's why you'll want to keep them under a tight lock and key!

1. Tea Tree Oil

Also known as Melaleuca Oil, tea tree oil is one of the most common essential oils on the market...and also one of the most harmful to pets if used incorrectly!

According to a report from the Animal Poison Control Center and Journal of the American Veterinary Medical Association, 343 of 443 dogs and cats exposed to undiluted tea tree oil developed adverse symptoms less than 12 hours after exposure. Just some of the most commonly reported symptoms were depression, muscle tremors, loss of coordination, increased salivation, and vomiting.

While I do not recommend using tea tree oil around your pets, many dog owners and veterinarians have harnessed the antibacterial properties of the oil to treat skin diseases and hot spots in animals.

The decision to use tea tree oil on or around your dogs is completely up to you, but if you do decide to use it, be extremely cautious and make sure the oil has been diluted before placing it on your pet's skin.

2. Pennyroyal

Pennyroyal originated in Europe as a folk medicine but is commonly used today in products like insect repellent. Therefore, it's common to see the oil as an ingredient in solutions meant to treat flea infestations.

However, when dogs are exposed to this Pennyroyal, they can quickly begin to show signs of toxicity such as bloody vomit and stool, hepatic necrosis, and even worse, death.

Pennyroyal is also known to cause liver failure in canines, so I highly recommend keeping this oil off your shelves.

3. Pine Oil

Pine oil is commonly used by people as a natural disinfectant, cleaner, and treatment for sore muscles, but you'll definitely want to keep it as far away from your dogs as possible.

Exposure to pine oil can cause gastrointestinal irritation, excessive drooling, weakness, and effects to the central nervous system. Yikes!

4. Wintergreen

If you've ever taken an aspirin, then you've used wintergreen! The oil contains salicylates, an ingredient that is used to treat muscle aches and pain. Some well-meaning pet owners have used wintergreen oil on their dog's arthritic joints in hopes of easing their beloved pet's pain, but science claims that this is not a good idea!

Salicylates can be highly toxic to dogs if ingested or used topically and can cause a variety of problems in the stomach, liver, and kidneys.

5. Citrus Oils

This is a tricky one because citrus oils are commonly found in a variety of pet shampoos, dips, and sprays designed to repel fleas. Since they are marketed as a safer and more natural alternative to other flea treatments, many pet owners believe they are safe to use, but here are the reasons why I personally don't use them.

Puppies, smaller dogs, cats, and senior pets are very sensitive to the D-limonene present in citrus oils, and previous cases have shown dogs reacting to it with seizures, coma, and even death.

Essential Oils That Are Safe to Use on Pets

Now that we've gotten all the bad news out of the way, let's talk about the good stuff!

Just as more and more people are turning to holistic remedies for common everyday ailments, so are veterinarians and pet owners. In fact, I'd rather use safe and completely natural products on my animals.

Here are a few of the safest and most commonly used essential oils to treat dogs, some of which I've used on Lady!

Lavender

Lavender really is the holy grail of essential oils! Not only does it help with allergies, burns, and ulcers, but it's a miracle worker when it comes to treating anxiety. I used lavender oil to naturally treat travel anxiety on my own dog, and it worked wonders!

Quick Note Please keep in mind that lavender oil shouldn't be used around cats!

Chamomile

Chamomile oil is known for its anti-inflammatory effects and can also be used as a medicine for dogs!

Chamomile oil comes in two forms, German and Roman. Use the German Chamomile as an anti-inflammatory to treat your dog's skin and coat and the Roman Chamomile calm nerves and relieve muscle pain. This is also a good oil to use if your puppy is teething!

Cardamom

Cardamom is a diuretic oil, meaning its mainly used to help with fluid retention. However, it can also be used on your dog to treat nausea, coughs, and stimulate their appetite.

How to Safely Use Essential Oils on Your Pets

Essential oils can be a great way to keep your dog healthy and happy, but it's extremely important to know how to use them. Just to help you get started, here are some helpful tips I discovered from [Dr. Janet Roark](#) from [Essential Oil Vet!](#)

- Know Your Pet's Health Status Before Starting Use of Essential Oils.
- ALWAYS Dilute With A [Carrier Oil](#) For Topical Use.
- Avoid Using Oils in Sensitive Areas Such as Around the Eyes, Ears, Nose, or Genitals.
- Use a Water Diffuser for Aromatic Use and Leave a Door or Window Open When In Use.
- Only Use Therapeutic Grade Oils.
- Observe Your Pet's Reaction to Make Sure There Are No Negative Effects.