

GUEST CONTRIBUTOR

Heather Pritchard

We are thrilled to introduce you to another one of GPH's trusted pack members, Heather Pritchard. Heather has an excellent knowledge base in the field of essential oils. She will be our first guest contributor!

As May continues to bloom, bringing milder temps and those pesky, burgeoning bugs, the vast majority of pet owners across the USA will be taking to the trails and scenic byways - be it a relaxing walk in the woods, a trip to the neighborhood park or a cross country jaunt with the RV. Something everyone will have in common is the need for a natural, non-toxic bug repellent and a soothing salve for insect bites, minor scrapes, open wounds and more. Since we live in the middle of the northern Rocky Mountains, we know that need first hand!



Heather (pictured below with Saidi) offers the following information on [dōTERRA's](#) essential oils [TerraShield](#), [Geranium](#) and [Lavender](#):



TerraShield® is an all-natural formula of citronella, cedarwood, and a blend of 11 other therapeutic-grade essential oils blended in a base of pure fractionated coconut oil. A primary function of essential oils in plants is protecting against insects and other predators. Unlike other products that contain synthetic and toxic chemicals, TerraShield is a natural approach to managing exposure to biting insects.

TerraShield can be used safely by everyone in the family, including dogs, cats and horses. It can be applied neat (no dilution) or as a spray. For pets, a spray works great as you can cover the fur without issues, and your oil will last longer. It can be applied directly to paws, around ears, and to other trouble areas. Avoid contact with the eyes.

One application of TerraShield typically provides coverage that lasts up to 6 hours for repelling mosquitoes, fleas, mange mites and ticks.

To make a spray, simply fill a 2oz spray bottle with distilled water (leave a little room for the oil and witch hazel) and add 10 drops of the oil. Add a small amount of witch hazel to the bottle to disperse the oil into the water and to keep the sprayer nozzle clear. Shake well before each use. Replenish as necessary. Two ounce spray bottles can be found at most drug stores like Walgreens or discount stores like Walmart, etc.

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of therapeutic benefits for humans and animals alike. In ancient times, the Egyptians and Romans used Lavender for mummification, bathing, relaxation, cooking, and as a perfume. It's ability to calm and soothe the mind and body continue to be Lavender's most notable qualities. Lavender is frequently used to soothe skin irritations and helps skin to recover quickly. Applying Lavender to the back of the neck and temples helps reduce muscle tension. Inhaling Lavender promotes relaxation and a restful night's sleep, making it an ideal oil to diffuse at bedtime and when stress levels are high. Due to Lavender's versatility and soothing properties, it is considered the must-have oil to have on hand at all times.

For dogs and cats, Lavender can be used to address abscesses, anxiety, allergies, burns, conjunctivitis, inflammation, tumors, vertigo and wound care. Cats are generally smaller and more sensitive. Use less than a drop of oil at a time - consult your vet for pregnant females and kittens. Dilute with fractionated coconut oil if needed. Apply directly to bug bites, bee stings, minor burns, cuts and scrapes for soothing relief. Avoid getting near the eyes.

A member of the Pelargonium genus of flower species, Geraniums are grown for their beauty and as a staple of the perfume industry. While there are over 200 different varieties of Pelargonium flowers, only a few are used as essential oils. Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin and for its internal health benefits. In the Victorian

era, fresh Geranium leaves were placed at formal dining tables as decorative pieces and to be consumed as a fresh sprig if desired; in fact, the edible leaves and flowers of the plant are often used in desserts, cakes, jellies, and teas.

As an essential oil, Geranium helps calm nerves, lessen anxiety, support a healthy liver and repels ticks and mosquitoes.

Geranium essential oil is a natural topical application that will deter ticks from attaching to your pet. A few drops of geranium on the inside of the collar every few days as regular prevention but adding a drop between the shoulder blades and at the base of the tail before an outing is also very helpful. And... avoid the eye area.

Diffuse aromatically with 3 to 4 drops in a diffuser of your choice or spray into the air to help relieve occasional stress, anxiety, and tension.

CAUTIONS: Possible skin sensitivity. **Keep out of reach of children.** If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and other sensitive areas.

GPH has it's own wonder product for your pet's skin injuries. [Mountain Salve](#) is the ultimate antibacterial and anti-inflammatory salve. It includes the 100% organic herbal blend we use in Inflation™, along with other soothing herbs blended with natural emollients and essential oils selected for their healing properties.

- Hot spots or inflamed skin rashes
- Insect bites
- Pressure sores
- Bacterial infections resulting from scratching or fungus
- General wound care

As the weather warms and our outdoor activity increases, the chances for injuries increase too. That's why keeping our [Mountain Salve](#) on hand is always a good idea! Try some at 25% off all sizes for the month of May - you will not be disappointed!