



## Calming Lavender Recipes Base Oil & Calming Aids

### Dogs Only

(Recipe is too strong for cats)

#### Calming Lavender Base Oil

(Recipe for bulk usage; makes 1 pint. Store in a dark container; amber preferred)

- **1 oz Essential Lavender Oil (aromatherapy grade)**
- **2 cups Carrier Oils (e.g., Safflower, Canola, Sunflower, Almond; a blend is often preferred to obtain minimal odor and proper thickness)**
- **Mix slowly and set intention while mixing of oil providing calm, peaceful and loving state to all to which it is given.**

#### Lavender Calming Spray

(Recipe for bulk usage: makes 1 32 oz spray bottle. Spray bedding, bandanas, the air when dogs exhibit stress signals. Can also be used in an air diffuser.)

- **1 oz Calming Lavender Base Oil**
- **31 oz Water**
- **Shake gently and spray as needed**

#### Calming Towel

(Towel may be weaved into enclosure panels, placed on bedding or floor to calm dogs; great for first time visits).

- **Small hand towel**
- **.5 oz Calming Lavender Base Oil**
- **Drizzle oil over hand towel letting it absorb**
- **Until you know how dog will react, be sure to place so dog can move away from the towel**

#### Ingredient Tips

- **Essential oil essence:** Best oils are purchased mail order and will cost more than you expect. Avoid common brand-name oils and look for small suppliers that have pride in serving the aromatherapy market. Great companies will provide a lot of information on how plants are grown, oil extracted and only sell in amber or blue bottles.
- **Carrier oils:** Your end product should smell like lavender and not the carrier oils. A 50/50 blend is often used to obtain proper odor/thickness. Safflower and Canola oil is found to create a good base oil