

*The Original*  
**Mane 'n Tail<sup>®</sup>**  
**GROOMING GUIDE**

*Straight Arrow<sup>®</sup>* →



Brought to you by the editors of the Equine Network



## The Original Mane 'n Tail®

In 1970, Straight Arrow Products, Inc., was founded by my family with the introduction of the Original Mane 'n Tail Conditioner, a product that continues to be cutting-edge in terms of quality and effectiveness in the grooming products arena. This was followed by Hoofmaker, Mineral Ice and the Original Shampoo. Over the years, we have built a reputation for providing high-quality grooming and treatment products to the equine industry, and we continue to make all of our products with the same concern for quality, integrity and performance as we did when they were created on the family farm.

While we don't make the products on the farm today, Straight Arrow remains a "hands-on" business with the goal of introducing new items that fill our customers' needs and meet that same performance challenge. To meet these growing needs, we have added offerings to include medicated treatments, finishing and quick-wash solutions. All of the additions to the line reflect the family's tradition: "Satisfy the Customer." I want to thank all of the horse owners and customers who have supported us over the years and who have made Mane 'n Tail products the choice in their barns and their homes worldwide. If for any reason you are not satisfied with the performance of any of our products, a refund will be provided. You have my guarantee on it.

Remember... "A well-groomed horse leaves a lasting impression."



Devon B. Katzev, Owner/President

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**On the cover:** "Charlie," 2006 USDF/DSHB All Breeds Award; 1st Place Stallion Gypsy Vanner Horse Society 2007 Futurity Winner; Standing Stud, El Brio Vanner Farm, Coatesville, PA



Equine behavior specialist Dawn Samuelson  
is a big fan of Spray Away.

## A SIMPLE STEP-BY-STEP GUIDE TO GROOMING A HORSE

*Grooming your horse regularly will enable you to keep his coat and hooves in good condition, as well as monitor his health.*

*It's easy, and should only take about 30 minutes.*

Adapted from articles on EquiSearch.com by Jayne D. Wilson

### Here's How

1. Gather your grooming kit—containing hoof pick, curry comb, stiff- and soft-bristled brushes, comb and towel—and prepare a safe grooming area.
2. Put a halter on the horse and secure him in cross-ties or tether him in your grooming area using a quick-release knot.
3. Pick up each hoof in turn and, using a hoof pick, remove all dirt and debris, checking for loose shoes and lost nails.
4. With a curry comb in one hand and a stiff-bristled brush in the other, begin behind the ears and brush the entire coat to remove dirt.
5. After every few strokes with the brush, use the curry comb to remove loose hair and dirt from the brush.
6. Switching to a soft brush, begin behind the ears again and brush with the coat to remove any remaining dust.
7. Be sure to brush the entire body and use your hand while brushing to feel for lumps, bumps and cuts.
8. Using a small, soft brush, groom the face.
9. Spray detangler spray on the mane and tail.
10. Use a brush, comb or fingers to untangle the mane and tail.
11. Use a towel to give a final polish to the coat.
12. Apply hoof conditioner recommended by your farrier.



## SUZANNE RATHBONE

Owner, El Brio Vanner

"When you've got horses with manes, tails and leg feathers like ours, you need grooming products that really deliver on their promises. That's why Mane'n Tail are the only products you'll find in our barn. We trust them to keep our horses looking clean and healthy. Many horse people try to use shortcuts by substituting dish-washing detergent, carpet cleaners and other household cleaning products as a horse shampoo, thinking it's a more economical solution. I highly discourage anyone from doing this or using human shampoo; horses have more sensitive skin than humans and therefore require a shampoo like the Original Mane'n Tail, with properly balanced pH, which household product cleaners and most human shampoos lack."



### Tips

1. When brushing, use the curry comb to clean dirt and hair from the brush in between strokes.
2. Get into a routine, covering every inch of the horse, to prevent areas being missed.
3. For hygiene purposes, each horse should have a separate grooming kit.

Every time you groom your horse, you have the perfect opportunity to assess his health, check him over for injuries and use your grooming techniques to help ensure that he stays healthy.

I always start with the feet because once, many years ago, I spent 30 minutes grooming a horse only to discover, when I was almost finished, that one of its hind shoes was dangling off its foot.

Starting with the near fore, pick up each hoof in turn, using the hoof pick to remove any caked-in mud, etc., and making sure to clean the crevices on each side of the frog. Once you have done all the feet, check the body and legs for lumps and bumps and heat using the flat of your fingers. Doing this on a regular basis will allow you to become familiar with what is normal for your horse.

If the horse is fairly clean, take a medium-soft body brush to the coat, using sweeping movements of the brush in the direction of the hair. After every other stroke, use the metal curry comb to remove the dust and hair from the brush, banging the curry on the heel of your boot when necessary to clean it. If the horse is caked in mud, use the rubber curry comb in a circular

motion, going against the direction of the coat to loosen the mud. (Of course, sometimes you have no choice but to hose the horse down.) Once the mud is loosened, use a dandy brush to remove the worst of it, following the direction of the hair and using the metal curry after each stroke to clean the brush.

Use the body brush again on the legs, the dandy brush around the fetlocks if they are muddy, and a bot knife to remove bot eggs (small yellow dots attached to the shafts of the hair) if you see any.

While brushing the fetlocks, inspect the horse's back to make sure there isn't any fungus or rain rot in that area. If you notice any, immediately begin the appropriate treatment.

Move on to the mane and tail, giving a few good sprays with a detangling product. Leave this to dry for a few minutes before separating the hairs of the tail, from the bottom up, using a comb with rotating teeth. Then comes the mane. After applying the detangling product, use a stiff brush to remove the scurf that collects at the base of the mane, followed by a quick once-over with a mane comb.

Next, use a kitchen towel (or an old retired hand towel) to wipe the neck, body and quarters and give them a final rub.

Once you're done with the body, apply some hoof conditioner, massaging it into the coronary band, hoof wall and sole on each hoof to promote horn growth.

The final step, depending upon the season, might be a generous application of fly repellent.



## SELECTING THE RIGHT SHAMPOO AND BATHING YOUR HORSE

*In a lather over equine cleaning products? Wondering how best to bathe your horse? Follow these expert tips.*

Adapted from articles in EQUUS by Eliza R.L. McGraw and in *Practical Horseman* by Sarah Dodds

**B**eyond basic bubbles, shampoos for horses offer many of the same cosmetic and health benefits that shampoos formulated for people do.

How do you choose? Begin by sizing up your horse's specific needs.

### Shampoo for Skin Challenges

Horses have notoriously sensitive skin, and some are more susceptible to irritation than others. If your horse has ever broken out in hives, you'll want to be particularly careful when choosing his shampoo.

When introducing any new product, however, it's wise to make sure your horse isn't allergic to it. Cleanse a small area, such as a leg, with the new shampoo. If there's no sign of a reaction after 24 hours, go ahead and give your horse a full-blown bath.

It's not unusual for a horse's skin to become a little dry for a time after he has been shampooed. It can, however, make the coat look dull and leave a horse itchy, which could cause him to rub his skin and tail. Using a shampoo that contains conditioners can help minimize dryness, as can a variety of "after-bath" products. It

will also help if you bathe your horse as quickly and efficiently as possible. One method calls for soaping and then rinsing one side of your horse at a time, rather than simply cleansing from front to back or top to bottom.

### Color Your Horse Clean

If you are interested in a cosmetic—rather than a therapeutic—effect, consider one of the many color-enhancing shampoos on the market. Most of these products work in one of two ways. Some contain dyes to match and enhance a horse's natural coat color. Others contain optical brighteners; they are absorbed by the hair and increase the coat's ability to reflect light, making it appear brighter or shinier. Many whitening shampoos work by adding a bluing agent to the coat. In natural light, this blue becomes neutral, making the white seem even whiter.

### Tough Stains

To help prevent spots from appearing in the first place, spray your horses with a detangler after each bath, as soon as they are finished drip-drying. The silicone in the spray coats the hairs and makes it more difficult for stains to set.

After you have selected your favorite horse shampoo, here are some basic bathing tips:

### Preparation for a Full Bath

First, gather what you'll need: a hose with an adjustable nozzle, a big tub of water you've warmed if there's no running hot water, two buckets, several big half-moon sponges, an equine shampoo, a rubber mitt, a wooden scraper (gentler than plastic or metal ones), a couple of big towels, and a stepstool or ladder.

If your horse is at all nervous (or you are), recruit a helper who can hold the lead (attached to a halter with a break-away top) and soothe him with pats and quiet words.

### Wetting Down

1. Wet your horse all over (except for the head). With the hose set on "shower" and the water comfortably warm, work upwards slowly from the front feet and lower legs, always pointing the spray away from his head. (No running hot water? Fill a bucket with

warm water and sponge him generously, following the same sequence.)

2. From the neck, go down his back, down his flanks and hind legs, and under his body including the sheath and genital area (fortunately, most horses don't mind a gentle stream of water here). Finally, lift the tail, spray well around the anus and down between the legs, and then hose down the tail itself.

### Shampooing

1. Drop a sponge into an empty bucket, adding warm water, then pouring the shampoo on top of the sponge and adding more warm water at the same time to build suds. (Resoak the sponge and add water or shampoo as needed to keep the suds coming.)
2. Using a round-and-round motion, start soaping the neck, then the front legs, back, flanks, under the body (including behind the elbows, between the front legs and the sheath area) and down the hind legs.
3. Around the anus and between the hind legs, use a different sponge reserved for that area, with plenty of water.
4. Dump the tail in the bucket to rewet it. Soap it well and work the soap in thoroughly with your fingers all the way to the end of the tail, adding water to keep it sudsy.
5. Return to the mane and, making sure it's good and wet, pour a little shampoo directly onto your hands. Using your fingers (and maybe your rubber mitt), work the suds in, right down to the roots. Then go over the whole body again, in the same order, with the mitt, rewetting it frequently and really scrubbing.

### A Thorough Rinse

1. With the hose (or a fresh sponge and a bucket of clear warm water), go up the front legs to the shoulder. Keep the spray away from the head as you work down the neck and mane; then do the back, flanks, underside and legs, scraping with your free hand and applying more water until it runs off clear. Be particularly careful about rinsing the back (where soap residue could cause irritation under the saddle) and the stomach (where soapy water collects after running down the flanks). Also check the legs carefully to make sure the pasterns and heels are dirt-free.
2. After lifting the tail and hosing carefully between the

## DELAWARE VALLEY COLLEGE

*Equine Studies Program  
Doylestown, PA*

"Our students, staff and faculty love Mane 'n Tail products. We couldn't live without the Original Mane 'n Tail Shampoo and Original Conditioner. Students at our on-campus Equestrian Center are required to keep our horses clean for activities including daily riding, hands-on laboratories and monthly horse turnout inspections. Our horses work as hard as our students do and everyone gets dirty. The good news: The students can use Mane 'n Tail horse products on their own hair! Our horses get bathed often and these products are as gentle on the horses' skin as they are on the students' hands."



- hind legs, give the tail a thorough rinsing, checking with your fingers to verify that the tail hair is suds-free all the way to the roots.
3. To dry the horse, first use your scraper, starting on the neck and scraping downward in the direction of the hair, using a little pressure but not enough to be uncomfortable. Go along the mane, down the sides and front of the neck, then the shoulder, along the back (avoiding the spine itself), over the hindquarters, and down and under the barrel and flanks. In that part of the flank where the hair goes different ways, use the scraper in the direction of the hair.
  4. Because a scraper would be too hard on the legs, wipe them down with a clean, wrung-out sponge, squeezing it out frequently. Then towel-dry the body, being especially careful to dry the stomach and all the way down the legs. (Damp legs seem to invite bacteria growth.) Then comb the mane and walk the horse to help him air-dry.

### Washing the Face

1. Now, with the horse used to bathing, wash his face and head (standing on a stepstool or stepladder). Dunk your "rinse" sponge in fresh water, wring it out, and then go all over the face and head to wet it (being careful not to drip water into his eyes), as well as behind the ears, down the cheeks and under the head.

2. Wring out the soapy sponge and wash behind the ears, down over the cheeks and under the eyes. Then do the same in front of the ears, above the eye and down the nose, taking care that suds don't get too close to the eyes.
3. If the face is really dirty, go all over the face, the cheeks, behind the ears and under the head with your rubber mitt, also using it in the chin groove and the area between the jawbones. Rinse with a bucket of clean water and a fresh, wrung-out sponge, starting up high and rinsing the sponge frequently as you go. Dump that bucket, rinse the sponge and squeeze out any remaining suds, refill the bucket, and go over the head one more time to be sure the soap is gone. Rinse and wring out the sponge until it's as dry as you can get it, going over the head once more and then wiping out the nostril area. (Wash the sponge out well in hot water afterward.)

### Final Touches

1. Finish drying the head with a big towel, getting rid of any remaining moisture—including on and around the ears.
2. Finally, with body and face both *really* dry, put leave-in equine conditioner on the horse's legs, if need be.
3. Use equine conditioner on dry manes and tails.





## KEEP YOUR GRAY HORSE GLEAMING

*Linda Murat, who groomed former Olympic silver-medal jumper Gem Twist, shares her methods for keeping gray horses show-ring spotless.*

*Adapted from an article in Practical Horseman by Linda Murat*

**O**ccasional pre-show baths aren't enough to prevent a gray horse from yellowing—and if he does yellow, clipping is the only way to remove the stain. To make sure your horse never reaches that state, you need a daily routine for basic cleanliness and a weekly (or at least biweekly) bath and touch-up system that stops stains from setting.

### Daily Routine

To minimize the amount of stain removal you have to do and the energy you have to expend, pick up your horse's stall frequently (the less manure in his bedding, the fewer manure stains he'll have). Also check for grass stains when he comes in from turnout (the longer they set, the harder they are to remove).

Groom your horse daily with curry comb and brush, finishing off with the towel.

As you curry, use extra elbow grease (or your vacuum) on any manure, mud or grass stains you find. Especially if his coat is toward the darker end of the "gray" range, that may be enough to get most stains out. But if, after currying, he still has a stain or two, what you do next depends on whether you've bathed him within the last couple of weeks.

If you have bathed your horse recently and he's still clean, put warm water on the stain, apply about a teaspoonful of shampoo (more if the stain is large), scrub the area with your scrub brush (back and forth on the body, up and down on legs), and rinse. But if he's dirty or hasn't been bathed in a while, such spot-cleaning will leave him looking streaky; instead, you'll need to work on the stain as part of a full bath.

**Cold-weather modification:** Substitute hot towel-ing for spot cleaning.

### Weekly/Biweekly Routine

Ideally, you should bathe your gray horse at least every other week, following the procedure described below. But if your barn is cold, your water is cold, you don't have bucket heaters, and you can't bring yourself to do a full bath that frequently, at least shampoo the spots where stains tend to build up and set: hocks, elbows and tails on most horses. Be careful to scrub the tail all the way down to the roots of the hairs, because when you braid, any lingering dirt will be obvious.

**Cold-weather modification:** In the very coldest weather, your horse may object strongly to your washing the base of his tail. In that case, concentrate on his legs and the bottom of the tail, where most stains tend to happen.

### Regular Bathing

Wet your horse's whole body with warm water. Put about half a cup of shampoo in a full-size bucket and fill with warm water; then sponge the liquid on and lather his whole body. Use the scrub brush to remove ground-in dirt. Don't forget his ears and the base of the mane, both places where dirt builds up, and where left-on dirt will really stand out against a sparkling white coat. (To clean the ears, wet them first with the sponge; then apply a small amount of shampoo to the outsides with your hands and scrub with your fingers. Be careful not to get any water inside the ears when you rinse.)

Rinse your whole horse thoroughly. If you let the shampoo dry on his coat, he'll look dull instead of shiny.

**Cold-weather modification:** Take advantage of any unseasonably warm days to bathe your horse. If you must bathe him on a colder day, wash just one area at a time. Start with the legs, tail and hindquarters; when they're finished, cover the quarters with a cooler. Next do the neck and mane, and finally the midsection (the most important part to guard from getting chilled). When you're finished there, cover his whole body with several dry coolers and walk him to help his body temperature stay up.

### Pre-Show Preparation

The two-bath routine I use is a modification of my regular bathing technique. If you're not bathing your gray horse regularly in cold weather, I suggest you do this variation a



### DAVE ROHRBACH

*Owner, Bee Tree Trails (Driving)*

"As a carriage company owner, my horses are constantly in the public's eye and must be black-tie ready at a moment's notice. Gray Percherons' coats get dull and start to yellow, even after a deep cleaning. Spray'n White has become a staple in our barn. Not only is it a quick, deep-cleaning shampoo/conditioner, it's formulated to intensely whiten and brighten. Without bleaches or peroxides, it does double duty in my grooming routine as a spot remover for tough stains such as grass, manure and urine. Cleaning my horses with Spray'n White, a color-enhancing shampoo that comes in a trigger-spray application, makes it easier to target sections of the horse and speeds up the grooming time, intensifying the white and gray tones in minutes!"



week before he competes, so that you get out most of the built-up dirt, and again on the day of the show.

As a final touch, after the horse is dry, use spray detangler on his tail. It works a little like floor wax, helping to keep dust from settling on those clean tail hairs. If the tail doesn't get braided, I comb the detangler through the whole tail; with a braided tail, I just use it below the braid.

# GROOMING FOR SHOW DAY

*Make your horse stand out with this former US Equestrian Team groom's time-tested techniques.*

Adapted from an article in *Practical Horseman* by Laurie Pitts

To me, trying to revive the classic American look and attention to detail, not only in the hunters—where stricter rules still require some conformity—but in other divisions as well, might help bring a revival of our international successes, while producing many more happy horses in our country at all levels. Horses love the grooming techniques my peers and I have been using since the '70s. Learning to use them on your horse will provide valuable bonding time, while improving your ability to evaluate his health and well-being.

## It's Simple!

You don't need fancy equipment or products to create this clean, elegant look. Between shows, horses only need thorough grooming once or twice a week, which should take no more than 30 minutes. During the winter, I do minimal grooming on my young hunter breeding show horses. It takes only a week of more intensive grooming in the spring to get them looking fabulous again—because they're in such excellent health.

Here's what you need for your **Everyday Grooming Kit**:

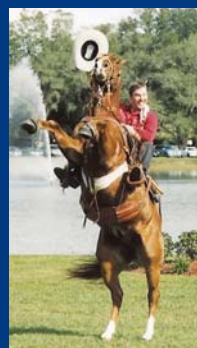
- Flexible, round, black curry comb
- Grooming mitt (rubber, pimped)
- Dandy or stiff brush (natural bristles only—synthetic bristles don't lift the dirt off of the coat as well, and create more static electricity)
- Soft body brush—can be the round, short-bristled type with a leather backing or the regular longer-bristled type with a nylon or wooden backing (natural bristles only)
- Rub rags—hand-towel-sized terry cloth towels
- Large, plastic wide-toothed comb
- Mane brush (I prefer the traditional English water brush, which has short, dense bristles. If you can't find that, a rice root brush—with extra-stiff bristles—will do.)
- Ace bandage to wrap a pulled or braided tail
- Sponge (natural sponges are easier to rinse)
- Sweat scraper
- Hoof pick
- Hoof conditioner



## CAROLYN DESFOR OF DESFOR FARMS

*Winter Equestrian Festival  
Grand Prix National Champion*

"My favorite product is Mane 'n Tail Detangler! I love a horse with a long, full, shiny tail. Lately, there has been a trend to use faux tails when showing. A faux tail can be difficult to work with. I don't believe in them! When I'm showing in hunter or equitation classes, I use Mane 'n Tail Detangler on my horses' tails to guarantee that they are beautiful, flowing and camera-ready. While other products leave the tail dry and brittle, causing the hair to break, Mane 'n Tail Detangler conditions the hair, making it easy to comb through, leaving it tangle-free, shiny and thick, with no breakage. My braiders love the product, as well, because it doesn't leave hair slippery or too sticky. Best of all, no faux tails!"



## DENNY CHAPMAN OF DARK HORSE ASIDE FARM

*Owner/Operator Wild West Entertainment*

"Detangler 'n Shine is one of my favorite Mane 'n Tail products! I use it faithfully before performing and competing to get my horses looking their finest! I usually rub a bit on my hands and work it through the mane and tail with my fingers first to get out the knots. It isn't slippery, greasy or too heavy, so I get the volume that is required. Once it is worked through the hair sufficiently, I use a soft bristle brush starting from the bottom of the mane and the tail, working up toward the root to finish the look. The result... a stunning mane and a tail that is long, flowing, shiny and full!"



## Ringside Grooming Kit

- Hoof dressing
- Hoof pick
- Rub rag
- Fly spray

## Different Strokes

Maximizing coat shine is all about smoothing down the hairs as much as possible in the direction of natural growth. The closer attention you pay to these patterns, the more shine your grooming will create.

**Curry comb:** Use with vigorous, circular motions all over his body, avoiding the face and lower legs. Loosen dirt on these more sensitive areas with a grooming mitt, in a scrubbing motion.

**Stiff/dandy brush:** Use short strokes in the direction of hair growth, applying as much pressure as your horse comfortably tolerates. End each brush stroke with a brief flick up and away from the coat to whisk the dirt off the body.

**Body brush:** Use longer strokes to smooth the hairs down. Pay close attention to areas where the natural hair growth changes direction, such as the "wheat-ear" pattern over the flank.

If your horse is particularly dusty, carry a damp sponge in your free hand during the body-brush grooming step. After each stroke with the brush, slightly dampen the ends of the bristles by running the brush across the sponge. This will help to remove the dust from the coat and the brush.

**Rub rag:** Many people conclude a grooming with a

quick "going-over" with the rub rag. I spend at least three to five minutes rubbing each side, more time than with any of my other grooming tools. Apply quite a bit of pressure with each stroke of the rag, always following the direction of the hair growth. Your horse will love it! **Clean, damp sponge:** Wipe over his eyes, muzzle, insides of ears and under his dock—always finishing with the dock.

If you need to untangle his tail, spread the hairs on your thigh and, with a wide-toothed comb, start at the ends and work up.

## Trimming

The classic American look is a very clean outline, with no "fuzzy edges." You'd be amazed how dramatically a horse's appearance is changed by trimming a few areas on the body. Using a Size 10 clipper blade, trim under his jawline, along the backs of his lower legs, his fetlocks and his coronet bands. Use this blade, too, to trim his bridle path and remove long hairs from his throatlatch area. Use the finer Size 30 or 40 blades on his muzzle, eye whiskers, and insides and edges of his ears. Your horse may need a twitch to trim his ears, because he must be absolutely still for you to do the edges without making gouges.

## Mane and Tail Care

At home, the most you need to do to your horse's tail before a ride is shake out the shavings. If it's absolutely necessary to tidy a tangled tail, say before a lesson or clinic, use a detangling product on it. Allow it to



dry before carefully combing with a plastic, wide-toothed comb.

The classic American tail is long and natural-looking—not banged or enhanced with a fake tail attachment. It's OK to trim the longest hairs, but I never shorten them by more than an inch at a time. Ask a friend to put an arm under the top of your horse's tail to simulate its natural carriage, while you trim the hairs at the bottom.

If you plan to braid for shows, pull your horse's mane to a length of three to four inches. If you don't plan to braid, let your horse's mane grow slightly longer—five to six inches—so that it will lie down more easily.

#### TIPS:

- A medium to thin mane can be trimmed with scissors instead of by pulling. To avoid the look of a cut mane, back-comb a small section of hair as if you were going to pull it, and then, with the scissors held vertically, cut the longest strands.
- Even the most unruly mane can be trained to lie flat on the right side of the neck. Braid the mane down and leave the braids in for several days. Then wet the mane daily with a water brush or braid spray, brushing it across from the left side to gather the smaller hairs, then brushing it down flat on the right side.

#### Ready to Show

"Clean" is always the name of the game. The day before a horse show, I bathe my horses in a simple equine shampoo. To remove really stubborn leg stains, run the Size 10 clipper blades down the leg in the direction of the hair growth, trimming off the ends of the hairs. Follow this with a good scrubbing. After your horse dries, preserve all of your hard work by covering him with a sheet—or if the temperatures are higher, a fly sheet or light scrim—overnight and in the trailer on the way to the show.

#### Finishing Touches

Just before you go to the ring, complete the picture with these final touches:

- Brush hoof dressing over your horse's hooves. (This may need to be touched up again at the in-gate.)
- Smooth his coat one last time with a rub rag. It goes without saying that your tack and equipment should



#### TARA AND PJ CROWLEY

*Owners and trainers,  
Kendalwood Farms*

"Shine-On from Mane 'n Tail gives us a variety of benefits in our grooming routine. We want our horses to feel good, calm and well-rested and encourage them to lay down the night before a show. After their bath, we spray Shine-On so bedding does not stick to their freshly cleaned coats and tails. It helps to repel any sawdust or dirt collected overnight; plus, it keeps their coats, manes and tails shiny and show-ready for the next day's events. Shine-On conditions their coats without harmful and damaging chemicals found in other conditioners, which dry out the hair follicles. In addition to our training horses, we use Shine-On for our conditioning and rehabilitation horses as a finishing spray to protect the horses against blanket rubs."



be as clean, elegant and polished as your nicely groomed horse.

*In the 1970s and '80s, Laurie Pitts worked for some of the top professionals in the country, including Joan Boyce, Frances Rowe, Rodney Jenkins, Joe Fargis and Conrad Homfeld. She traveled with the US Equestrian Team to the 1978 World Championships in Aachen, Germany, and the first World Cup in 1979 in Sweden.*

## GROOMING

#### SHAMPOO

- An exclusive micro-enriched protein formula that cleans and fortifies with moisturizers and emollients, leaving coat soft and shiny
  - Gentle pH-balanced formula for everyday use
- Available in: 12 oz. and 32 oz. Bottle, Gallon



#### CONDITIONER

- An exclusive protein-enriched amino acid formula with a unique action that helps to maintain and achieve longer, thicker and healthier looking manes and tails
  - Constant use will maintain, nourish and condition hair and skin to aid healthy hair growth
  - Results can be seen after one application
- Available in: 12 oz. and 32 oz. Bottle, Gallon



#### SPRAY-AWAY® HORSE WASH

- Contains natural plant esters that condition coat, adding body and shine
  - Cleans without scrubbing; safe and gentle enough to use everyday
  - Thorough cleaning eliminates fungal and bacterial food sources for healthier skin
  - pH-balanced for sensitive skin; can be used over cuts and scrapes
- Available in: 32 oz. Ready-To-Use, 16 oz. Concentrate - Add water to make 4 Quarts of Spray-Away®



#### EQUINE SPRAYER

- 4 cleaning settings plus rinse and an on/off valve
- Metered for efficient application



#### SPRAY 'N WHITE® SHAMPOO

- Deep-cleaning, color-enhancing shampoo and conditioning spray
  - Even application penetrates for increased whitening and brightening in less time
  - Highlights and intensifies white, gray and gold tones
  - Helps with removal of tough stains including grass, manure and urine
  - Gentle and safe pH-balanced formula, contains no bleaches or peroxides
- Available in: 32 oz. Spray



## TREATMENT

#### HOOFMAKER®

- Exclusive protein-enriched formula will maintain strong yet flexible hooves
  - Moisturizes to help reduce the incidence of dry, brittle and inflexible surfaces when used regularly
  - Non-greasy, pleasant fragrance
  - Convenient pump top applicator
- Available in: 32 oz. Pump



#### MINERAL ICE®

- The original pain relief therapy formula that performs
  - Use to relieve muscular soreness and joint stiffness; reduces inflammation
  - Mix with water for a sponge-on liniment
  - Use regularly before and after workouts
- Available in: 16 oz. and 78 oz. Jar



#### DAWN SAMUELSON

*Equine Behavior Specialist  
"Through the Horse's Eyes"*

"As an Equine Behavior Specialist, I admit that I do not have a ton of time to spend on bathing my horses, so I'm always looking for a quicker way to speed up the grooming process. Spray-Away is my secret for a complete and time-efficient bath. Since my horse is 'follicly' challenged in the mane and tail, I also depend on Concentrated Detangler 'n Shine to increase the volume and thickness of his mane and tail. It works wonders and he looks healthy, glowing and well-groomed in this quick, two-step process."



# PRODUCT SOLUTION GUIDE

1.800.827.9815  
manentail.com

## CONDITION/PROBLEM

	GROOMING				TREATMENT		FIRST AID				FINISHING			
	Original Mane 'n Tail Shampoo	Original Mane 'n Tail Conditioner	Spray-Away	Spray 'n White	Hoofmaker Moisturizer	Mineral Ice Pain Reliever	Pro-Tect Medicated Shampoo	Pro-Tect Thrush Treatment	Pro-Tect Topical Skin & Wound Treatment	Pro-Tect Topical Wound Cream	Detangler	Shine-On	Detangler 'n Shine	Spray 'n Braid
Dirty Mane/Tail/Coat														
Dry Mane/Tail/Coat														
Mane & Tail Breakage/Split Ends														
Scaly Skin/Dandruff/Itching														
Damaged Dull Hair Coat														
Tangled Mane/Tail														
Mane & Tail Braiding/Banding														
Urine/Manure/Grass Stains														
Dull White/Gray														
Thrush														
Ringworm														
Hot Spots/Skin Rashes														
Rain Rot/Rainscold														
Summer Sores/Girth Itch														
Scratches/Abrasions/Wounds														
Fungus/Yeast/Mold														
Bacteria/Viruses														
Sole/Frog Dryness														
Dry Cracked Hooves														
Ligament/Muscle Soreness														
Arthritis Pain														
Sprain/Bruising Pain														
Overheating														



## FIRST AID

### PRO-TECT® ANTIMICROBIAL MEDICATED SHAMPOO

- Prevents and treats skin problems associated with bacteria, yeast, mold, fungi and viruses
  - Gentle pH-balanced formula leaves coat clean and conditioned; safe to use on cuts, tears and abrasions
  - Use regularly to treat existing skin problems or as a preventative
- Available in: 32 oz. Bottle



### PRO-TECT® ANTIMICROBIAL MEDICATED THRUSH TREATMENT

- Kills the bacteria associated with thrush, including opportunistic bacteria and fungi
  - Deep-penetrating gel formula provides complete and effective coverage and treatment for the entire hoof
  - Gentle, non-staining formula
- Available in: 16 oz. Bottle



### PRO-TECT® ANTIMICROBIAL MEDICATED WOUND CREAM

- Deep-penetrating formula provides complete healing treatment and protection
  - Skin-conditioning emollients soothe cuts, scrapes and abrasions for faster healing
  - Convenient 6 oz. soft tube for direct application to wound area
- Available in: 6 oz. Tube



### PRO-TECT® ANTIMICROBIAL MEDICATED SKIN AND WOUND TREATMENT

- Deep-penetrating, spray-on treatment for skin problems
  - Provides complete protection and light conditioning for faster healing
  - Unsurpassed effectiveness on hot spots, skin rashes, dry patches, rain rot, scurf, ringworm and girth itch
  - Convenient spray application for coverage over large areas
- Available in: 32 oz. Spray



## FINISHING

### SHINE-ON®

- Produces a long-lasting, high-gloss shine that repels dust while providing protection from coat staining
- Conditions coat leaving a natural feel, pH-balanced with no unpleasant odor
- When it's your moment in the spotlight, Shine-On

Available in: 16 oz. and 32 oz. Spray



### DETANGLER

- Eliminates tangles and knots while providing additional conditioning benefits
- Friction-free slip for reduced grooming damage, helping to achieve and maintain longer, healthier mane and tails
- Effective on wet or dry hair, pleasant, non-fragranced, non-sticky formula

Available in: 16 oz. and 32 oz. Spray, Gallon



### CONCENTRATED DETANGLER 'N SHINE

- Detangles for easy removal of burrs and other debris from knotted hair while repelling dirt
- Moisturizes and helps strengthen, repair and protect against breakage
- Adds volume and shine that lasts for days for fuller, thicker looking hair

Available in: 12 oz. Bottle, 4 oz. Tube



### SPRAY 'N BRAID® PROFESSIONAL GROOMING GRIP

- "No-slip" grip for easier braiding, banding and mane training
- Holds perfect braids, helps to eliminate flyaway strands
- Protein-enriched for strengthening hair, helps prevent breakage
- Water-based formula, pH-balanced with a pleasant fragrance

Available in: 16 oz. Spray

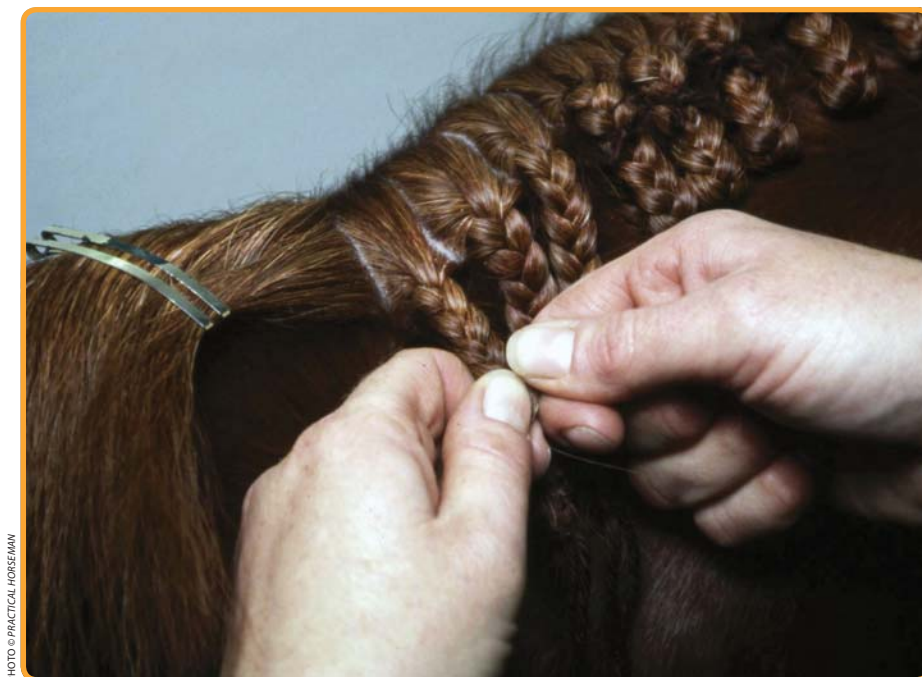


PHOTO © PRACTICAL HORSEMAN

## BRAIDING BASICS

*Here's how to tame your steed's tresses and make them show-ring ready.*

Adapted from the book *Grooming to Win* by Susan E. Harris (published 2008 by Howell Book House®), an article in *EQUUS* and an article in *Practical Horseman* by Laurie Pitts.

### Routine Hair Care

Both the mane and tail benefit from regular, careful detangling, ideally done by hand. Any tool—including combs and brushes—will pull out or break off hair each time it is used, ultimately diminishing the length and fullness of a mane or tail. The most effective approach to detangling is to begin at the ends of the hairs and carefully work toward the roots. Here is how to proceed:

1. Start at the edge of the mane or tail, holding the hair loosely in one hand.
2. With your other hand, gently separate a few hairs and carefully work them free from the rest for their full length.
3. Continue through the mane or tail until all the hairs have been separated and hang straight and free.

Prior to trying to separate tail hair that is particularly snarled or full of bedding or burrs, spray it lightly with a conditioner or detangler. Avoid brushing the hair while it is wet because it will stretch and break.

In addition, keep the skin and roots of the mane and tail clean and healthy. Use a short-bristled body brush to part the hair along the crest and on the dock into small sections to get down to the skin. Those areas can also be cleaned with a damp sponge and a towel.

When braiding manes and tails, horses do not need their hair shampooed, but their manes and tails get dirty and stained, and sometimes the skin of the tail becomes soiled, greasy or full of dandruff. Too-frequent tail washing, especially with detergents, can remove natural oils and result in dry skin and hair. However, you can wash



PHOTO © PRACTICAL HORSEMAN

a tail when it is too cold to bathe the whole horse. You will need a hose with warm water or two large buckets of warm water, a large body sponge, shampoo and conditioner, a detangler, a coat shine product and a towel.

1. Wet the tail, including the dock, with a hose or wet sponge, or lift up the bucket and dunk the "skirt" (bottom of the tail). Be careful—when the horse feels water on his dock, he may squat and try to kick.
2. Apply shampoo to the skirt and rub it into the whole tail, working up a lather. Use the sponge to wash the skin of the dock.
3. Rinse the sponge and use it or the hose to rinse the tail from top to bottom. Dunk and swirl the skirt in a bucket of clear water until no soap remains and the hairs "squeak."
4. Wring the skirt gently and blot with a towel. Apply conditioner, according to the product's directions, or coat the damp tail hair with a detangler and a shine spray. Don't brush or comb the hair while it is wet, as it will stretch and break easily.

### To Train a Problem Mane

Pull the hair across the crest of the neck so it all lies to one side. Wet it and braid it—starting on the side,

not the top—into small, tight pigtails no more than one inch wide. Fasten the braids with wrapped elastic bands or turn them under and tie. Now saturate with a braiding spray product. Leave the braids in for several days; apply a braid spray daily. When the braids are undone, dampen the hair and brush it to the correct side of the neck.

### Protecting a Long Mane

A long, heavy mane is sometimes braided to keep it off a horse's neck to facilitate cooling and protect the hair from sweat, tangling, breakage and other damage. Sometimes the forelock is braided to keep it out of the way of the bridle.

The simplest way to braid a long mane is to part it into three- to four-inch sections, braid them into a long pigtail and fasten it with a wrapped elastic band. Braids such as these may be left in for as long as a week at a time. This will also help train the mane to lie on the correct side of the neck.

### Braiding the Mane

Braiding a horse's mane prior to a show or event not only spruces up his appearance, but is, in fact, necessary



in some disciplines. In most cases, the braid is required to lie on the right or "off" side of the horse's neck. The following strategies can make the job easier:

Dampen the mane with water before you begin, but don't shampoo, as this softens the hair and the braid will not hold as well.

Work with small sections of hair, starting close to the horse's head and moving down.

After you have separated a section of hair with a mane comb or a specially designed braiding comb, secure the rest of the mane with the comb, a clip or a clothespin to keep it out of your way.

Dividing the section you're working on into thirds, spray with a braid spray and begin to braid, keeping steady tension on the hair as you go. The braid can be secured with yarn that has been braided in (start it about midway down the braid's length) or with a small rubber band looped onto the very end. Use a braid spray to tame the loose hairs.

Finish the braid by pulling it up with a specially designed braid pull or a thin wire that has been bent to resemble one. Tie off the braid with a second rubber band or the yarn ends knotted neatly underneath the braid.

If your horse is really tidy in his stall, it's OK to braid his mane the night before a show or to leave mane



### MATT McLAUGHLIN

2008 Andalusian National  
Dressage Champion

"In the dressage discipline, tight, neat braids for your horse's turnout are of the utmost importance. On my Andalusians, I use Spray 'n Braid because not only does it eliminate flyaway strands, it conditions and strengthens, providing minimal breakage. The maximum hold and excellent grip makes separating the sections of the mane and tail easier and faster, making braiding a simpler task to achieve a show-ring look. A quick safety tip: While braiding your horse, if you are cross-tying, never put the chain shank over the horse's nose and never hang a bottle of the product that you are using on the cross-tie for convenience. If the horse rears, the chain may cut your horse's face and the product will crash to the floor, spooking your horse even more."



braids in overnight between two days of showing. (Don't leave them in for more than one night, though.)

The classiest forelock braid is a French braid. This catches all of the loose hairs and creates a really attractive look.





## HORSE HOOF CARE TIPS

*Help keep your horse's hooves healthy and strong.*

Adapted from an article in *Practical Horseman* by Chris Volk and an article on EquiSearch.com.

**Pick out your horse's feet.** This may sound pretty basic, but it's the single most important thing you can do for his hooves. It also gives you a chance to take early action on many common hoof problems. Do this:

- before each ride, to remove any stones or small objects before you add your weight to the situation, and to check on the condition of his shoes
- after you untack him, in case something has gotten stuck in his feet during the ride
- when you bring him in at night, to check for objects in his feet or for turnout injuries
- before turnout the next morning, to check for heat and pulse, remove manure, and check for signs of thrush.

Each time you clean your horse's hooves, take an extra couple of minutes after you've pried out any packed debris to gently clear the crevice of the frog and scrape

any remaining bits of matter off the sole with the tip of the pick. Finish the job with a stiff brush.

**Establish what's normal.** While handling your horse's feet to pick them out, notice their temperature; when everything's OK, they'll feel very slightly warm.

- Check the frog, which has about the texture and firmness of a new rubber eraser when it's healthy. Don't be alarmed, though, if the frog appears to be peeling off—most horses shed the frog at least twice a year. Your farrier's regular trimming of the frog may have prevented you from noticing this natural process.

**When picking out the feet, look for signs of...**

- **Thrush.** The first clue to this bacterial condition (usually caused by prolonged standing in manure, mud or

other wet, filthy conditions) is a foul smell and dark ooze from the cleft of the frog. Later, the frog becomes cheesy in texture. Although thrush can eventually cause lameness and significant hoof damage, its early stage is simple to treat.

Just pouring a thrush remedy over the frog will not get the job done. Packing a hoof is potentially dangerous because excessive pressure can kill sensitive frog tissue. Instead, follow this daily routine: Make your own cotton swab by wrapping a wisp of loose cotton around the end of a hoof pick. Soak the cotton in treatment solution and swab down the sides of the frog as if you were picking out the hoof. Swab the cleft of the frog and any other crevices. Repeat the process, using fresh cotton.

When treating thrush, modify the affected horse's living arrangements by keeping cleaner, drier stalls and increasing your horse's exercise time.

- **Puncture.** If a nail or other object pierces your horse's sole and then falls out, the entry wound will probably be invisible by the time you pick his feet and you'll be unaware of it until it causes an abscess. But in some cases, the object remains in place. DON'T PULL IT OUT; call your veterinarian right away. Then he or she can remove the object and advise a course of treatment.
- **Cracks.** Some cracks are superficial; others can worsen, involving sensitive hoof structures, without appropriate shoeing. If you notice a crack in your horse's hoof, call your farrier and describe its location and size so he can decide whether it needs attention now or can wait until the next regular shoeing.
- **Abscess.** If your horse's foot is warmer than normal to the touch, the cause could be an abscess inside the hoof. Your routine check can alert you to the problem and get your veterinarian or farrier involved. (If you find increased heat and a stronger-than-usual digital pulse in both front feet, and if he's shifting uncomfortably from foot to foot, call your veterinarian immediately. These are signs of laminitis, an inflammatory condition that can cause severe hoof damage—and, if not treated promptly, can even be fatal.)

**Schedule regular farrier visits according to your horse's individual needs.** Although six to eight



## THE CANADIAN COWGIRLS

"We are on the road with our horses the majority of the time, all over Canada and the United States. That much travel to different climates, terrains, etc.



... makes for excessive dry skin and coats. A great little hint and quick fix we have discovered is to mix the Original Mane 'n Tail Conditioner with water

in a bucket and then either sponge down the horse or spot treat with a spray bottle for dryness relief. It works wonders! Hoofmaker is our other saving grace in the battle against dryness, this time targeted to our horses' dry cracked chestnuts and hooves—not to mention, if hand applying, how incredibly soft it makes our hands!"

weeks is the average, there's really no standard interval for trimming and shoeing.

**If your horse is shod, check his shoes each time you pick out his feet.**

Look for:

- **Risen clinches.** This is a sign the shoe is loosening, probably because it's been in place for several weeks; he can injure himself if the risen clinches on one foot brush the inside of the other leg.
- **A sprung or shifted shoe.** If the shoe is pulled away and



perhaps even bent, it's sprung. If it's moved to one side or the other, it's shifted. In either case, the nails in the problem shoe can press on sensitive hoof structures when he places weight on the foot.

**Learn how to remove a shoe—yes, you!** Many farriers are glad to teach clients how to do this. If you can remove a sprung or shifted shoe, you may save your horse unnecessary pain and hoof damage.

#### **Help your horse grow the best possible hooves.**

Some horses naturally have better hooves than others. Your horse may already be producing the best hoof he's capable of, or the following steps may enable him to do better.

- *Fine-tune his diet.* Ask your veterinarian whether your feeding program is appropriate for your horse's nutritional needs.
- *Give him consistent exercise.* Work on good surfaces, especially at the walk and trot, increases circulation to your horse's hooves and promotes growth.

**Try not to turn out in deep, muddy footing.** Hours of standing in mud may encourage thrush or scratches (a skin infection in the fetlock area that can cause lame-

#### **Tip from the Delaware Valley College Equine Studies Program, Doylestown, PA:**

"When conditioning your horse's hooves with Mane 'n Tail Hoofmaker, don't forget about conditioning his chestnuts. Moistened chestnuts can easily be picked down, giving your horse's legs a polished appearance."

ness). Mud is hard on shoes, too: The suction of deep mud can drag off a shoe already loosened by alternating wet and dry conditions.

**Protect your horse's hooves during hauling.** Without covering for his heels, he can easily step on the edge of a shoe and pull it partially loose. Another vulnerable area is the coronet band: the rim of tissue at the top of each hoof that generates new hoof-wall growth. Injury to this area can interrupt hoof growth in the area below the affected spot. The solution: Either old-fashioned shipping bandages and bell boots (large enough to cover the bulbs of your horse's heels and the backs of his shoes) or good-quality, full-coverage Velcro-fastened shipping boots.



## **HEALTHY HORSE GROOMING TIPS FOR WINTER**

*Maintain your horse's health and hair coat in winter with these cold-weather grooming tips.*

**Adapted from an article in *Horse&Rider* magazine by the editors and an article in *EQUUS* by Matthew Mackay-Smith, DVM**

Once Mother Nature has clothed your horse in his winter hair coat, weight loss, wounds and skin infections are harder to recognize than when his coat was short and slick. Here are some tips that'll help you uncover—and prevent—problems through the winter.

#### **Treat Your Horse to a Bath**

If you have access to a draft-free area, treat your horse to a weekly hand-wash. Using a bucket of warm water and a dampened sponge, address one body section at a time; towel dry. (Note: Not recommended in below-freezing temperatures, unless you have a heated barn.)

*Insider tip:* If your barn doesn't have hot water, use a wand-like bucket heater in a five-gallon bucket. Most stores that sell stock-tank heaters carry them or can order one for you.

*Insider tip:* Speed the drying process with a human hair dryer (keep it moving to avoid burning your horse's skin) or an overhead heat lamp.

#### **Let Down His Hair**

If your horse wears a tail bag, change it at least every 10 to 14 days, rinsing and reconditioning his tail before re-bagging it. This will help prevent excessive hair breakage at the top of the bag.



#### **MATT PALMER**

*Two-Time NRHA World Champion,  
Two-Time USEF Gold Medalist (Reining)*

"I wash my horses with Spray-Away Horse Wash because it cleans quickly and thoroughly, while easily removing deeply embedded dirt from common maneuvers in the reining world. This saves me more time to devote to my riding and training program. Often, I follow-up with the Pro-Tect products to help alleviate skin irritations such as scratches, hot spots and girth itch. I find they are the best antimicrobial relief solutions available. For immediate relief of inflammation from scratches, I rely mostly on Pro-Tect Skin and Wound Treatment Spray to do the job!"



PHOTO © STACEY NEEDROW-WIGMORE

Rain rot

## Maintain Skin Health

Most winter skin conditions result from a dirty hair coat, which gives bacteria and fungi a foothold. Keep your horse's skin healthy by vigorously currying his body daily. In addition to lifting dirt and skin debris to the surface, it'll enable you to feel any diminishment in the fat layer over his ribs, indicating weight loss, and any bumps or clumpy hair that could signal a wound or skin condition.

For quick and easy dirt removal after currying, spray your horse's body, mane, tail and legs with a non-silicone hair-care product, then follow with a soft finish brush or vacuum. (ShopVacs are inexpensive and work great.) Bonus: The slippery finish will help make dried mud easy to remove next time.

## Spotting Skin Problems Early

Even horses who receive the best of care may develop the occasional skin problem. In most cases, equine skin troubles are minor and require nothing more than a thorough cleansing and the application of an over-the-counter topical remedy. Nonetheless, these conditions are generally itchy, annoying or even painful for horses, so the more promptly you can recognize and address them, the better for all concerned.

When in doubt, of course, you'll want to call in your veterinarian for a diagnosis as well as guidance in treating the condition.

**Scratches** (also known as pastern dermatitis, greasy heel or mud fever) are skin inflammations on the back of your horse's pasterns. The condition starts as chapping

that is generally brought on by a cycle of alternating wet and dry weather conditions common in late winter and spring. Once the skin becomes cracked and sore, however, bacteria, mites and/or plant irritants often complicate the situation. Examine your horse's pasterns for signs of redness and/or scurf, possible precursors to scratches. To further prevent it, keep fetlock hair trimmed with a coarse (Size 10) clipping blade.

**Ringworm** is a fungal affliction that takes the form of circular, raised hairless patches on the face, neck, chest, shoulder or girth area and may be scaly and crusty. It is highly contagious to both horses and people, and is spread through direct contact or through shared grooming supplies, etc.—so wear gloves when addressing it. Talk to your veterinarian about the best options for treatment and avoid treating ringworm with creams or lotions containing corticosteroids.

**Rain rot** (also known as dermatophilosis, rain scald or mud fever) appears as gray/white clustered scabs that leave behind patches of hairless skin. Moisture and skin damage are the two most significant contributing factors. Rain rot commonly occurs on the head, legs, back, rump and hindquarters. Acute rain rot most often surfaces on the back and hindquarters where the waiting organism is activated by moisture; in the early stages of rain rot, the skin may feel hot to the touch and the hair may stand straight up before scabs begin to form.

Scabs can be curried off with a soft-toothed curry comb; if this is painful and the skin is bleeding or oozing

pus beneath, soften the scabs with a greasy ointment before trying to remove them, and then sweep them up to reduce contagion. Topical treatments for rain rot are sold through tack stores.

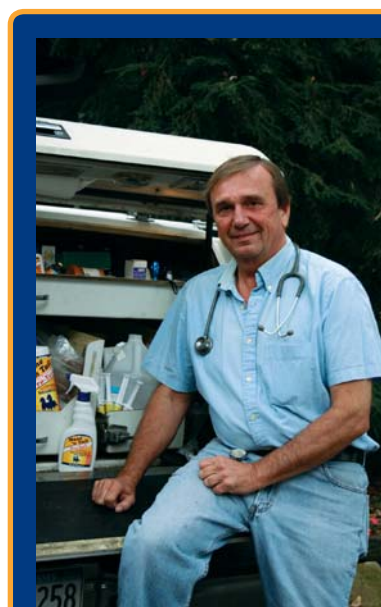
**Warts** (also known as viral papillomas) are raised, pinpoint- to pea-size bumps typically clustered around the muzzle and lips but sometimes on the eyelids and genitalia. Most common in younger horses, who have not yet developed an immunity to them, they are spread both through direct contact and indirectly via shared feed tubs, water containers, grooming supplies, etc. They disappear within two to three months, but squeezing or scraping away one or two of the larger growths may stimulate the body's immune system and provide a quicker resolution.

**Sweet Itch** (also known as equine insect hypersensitivity, summer itch, summer eczema, Queensland itch) consists of hairless patches and red inflamed skin at the root of the mane and tail as well as on the face, neck and belly, where the horse has been rubbing incessantly. It is caused by an allergy to the saliva of biting midges, gnats, culicoides or no-see-ums, which feed on horses. Once a horse has become sensitized to

insect bites, he will likely need oral or topical steroids to stop the cycle and anti-inflammatory drugs to control swelling and ease discomfort. Preventative measures include the use of fans, scrim sheets/fly masks and insect repellents.

**Hives** (also known as urticaria) are raised welts and bumps caused by an acute allergic reaction to things like vaccines, systemic or topical drugs, plants, topical sprays, pollen, or insect bites or stings. Although they usually disappear on their own within a few hours to a day and a half, steroidal medications may be necessary if hives are related to a severe allergic reaction (which may be accompanied by difficulty breathing and/or severe diarrhea. In this case, contact your veterinarian immediately).

**Photosensitivity**, a result of sun exposure combined with other complicating factors, almost exclusively affects pink skin, resulting in purplish, blister-like lesions that weep or slough away and scab over. If you think your horse has photosensitivity, contact your veterinarian. He may prescribe topical or oral steroids and other drugs to keep your horse comfortable; he may also test your horse's liver function for signs of damage.



## DR. EDGAR J. BALLIET III

VMD, Balliet and Associates

"Whenever fungal or bacterial issues come up while treating horses, Mane 'n Tail Pro-Tect antimicrobial OTC products are my first line of defense. The Pro-Tect products are safe, affordable and do an excellent job: Shampoo for rain rot; Skin and Wound Spray Treatment for abrasions; Skin and Wound Cream Treatment for tail itch; and Thrush Treatment. The Pro-Tect line is a 'must-have' for your equine first-aid kit."







## EQUINE MASSAGE THERAPY

*Equine Massage Therapy has become a popular preventative and remedial therapy for equine athletes.*

**Adapted from articles on EquiSearch.com by Jayne D. Wilson and in *Practical Horseman* by the editors, with Morgan Thomas**

**M**assage for humans has been around for centuries, but it is usually thought that Equine Massage Therapy is a product of the modern competitive age.

In fact, it is believed that the ancient Chinese used massage techniques on both animals and people as early as 3,000 B.C. In addition to pre- and post-competitive applications, massage therapy is currently enjoying a resurgence as horse owners become interested in the treatment of the whole horse and the holistic and alternative therapies available.

Besides being a tool for remedial treatment of specific injuries, massage therapy is popular as a preventative tool. The branch known as sports massage therapy, which specializes in preparing the musculature

for exertion, is especially important in the competitive lives of equine athletes.

The direct physical effects of specific strokes and the pressure of equine massage release tension within the muscles. Massage therapy also fosters the well-being of the horse by improving circulation, either soothing or stimulating the nervous system and aiding in digestion.

A horse doesn't have to be an athlete to benefit from massage therapy. Ever seen horses galloping in a muddy field, slip and catch themselves? Imagine how you would feel if the same thing happened to you; you might pull a groin or some other muscle and feel the effects for days.

Here are some signs to help determine whether your horse might benefit from massage therapy:

- Shortened strides
- Sore back
- Stiffness and/or unwillingness to bend to the left or right
- Problems picking up the canter, bucking during transitions
- Tripping and stumbling
- Change in demeanor

### Mini-Massage Makes a Difference

Here's a simple technique to help loosen up horses that tend to come out of their stalls feeling particularly stiff. It works so well and takes so little extra time that you might try it on all your horses.

Perform this mini-massage when your horse is

already tacked up and ready for schooling, or as you're leading him to the ring.

Placing your hand just behind the cantle, gently palpate his topline—the muscles right along the spine—from the loins to the croup and all the way to the base of the tail, to see whether you can feel any knots or areas of stiffness that need special attention.

Then return to your starting point and massage the length of the spine behind the saddle. Press your thumb and fingertips firmly into the muscle with a kneading, not a poking, motion, pausing wherever you find a knot or stiffness, until the muscles feel consistently pliant and relaxed.

## ANGELIA ROBINETTE-DUBLIN AND JENNY LANCE

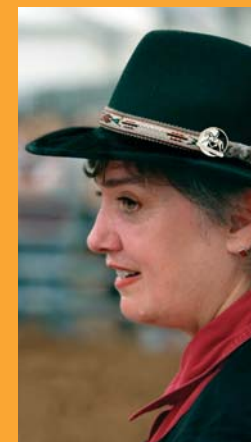
*LivetoRideHorses.com*

"After a long trail ride, we come back to the barn, hose off the horses and mix a half a cup of Mineral Ice with water in a 16-oz. generic sprayer, to create an inexpensive cooling liniment spray. It is a trick we have discovered to help our horses' muscles recover from an all-day jaunt, relaxing their tired and sore legs, shoulders and backs while helping to cool them down."



"There are some people who just curry a hole in the dirt and get on," says Susan E. Harris, author of *Grooming to Win*. "But grooming is about more than looking good. When you groom your horse, you're getting a hands-on interaction that is going to help establish trust and a bond between the two of you. You're also going to get to know him physically. You'll notice an injury or a tick earlier and know just what sort of physical shape he is in. That's good horsemanship, but you can't have it without good grooming."

*Susan E. Harris is an international clinician and artist from Cortland, New York, who has taught, trained, shown and judged in many equestrian disciplines. She has also written and illustrated a number of popular horse books, including Grooming to Win, Horse Gaits, Balance and Movement and the U.S. Pony Club Manuals of Horsemanship. Her column, "Commonsense Horsemanship," appears regularly in EQUUS Magazine. For her thoughts on braiding, see p. 17 of this guide.*





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