

ESSENTIAL OIL DILUTION GUIDE

Standard Calculation: 1ml ≈ 20-30 drops | Base: 1 fl oz (30ml) Carrier Oil

DILUTION RATE	DROPS PER 10ML (2 TSP)	DROPS PER 30ML (1 OZ)	COMMON USE CASES
0.25%	0.5 Drop	1-2 Drops	Infants (6-24 months), Facial care
0.5%	1 Drop	3 Drops	Children (2-6 yrs), Sensitive skin
1%	2-3 Drops	6 Drops	Daily body use, Long-term massage
2%	6 Drops	12-15 Drops	Adult daily use, Bath & Body oils
3%	9 Drops	18-20 Drops	Localized pain, Temporary discomfort
5%	15 Drops	45 Drops	Short-term use, Serious conditions
10%	30 Drops	90 Drops	Acute localized issues (Professional only)

Safety Precautions:

- Perform a patch test before full application.
- Avoid internal use without clinical supervision.
- Keep oils away from eyes, ears, and mucous membranes.
- Phototoxic oils: Avoid sun for 12-18 hours after use.

Age Recommendations:

- **0-6 months:** Not recommended.
- **Elderly:** Use 0.5% - 1% dilution.
- **Pregnancy:** Consult MD; 1% max dilution.
- **Pets:** Consult vet; species sensitivity varies.