

ESSENTIAL OIL DILUTION CHART

Based on 1 oz (30ml) of Carrier Oil

Dilution Rate	Drops (per 1oz)	Recommended Use
0.5%	3 Drops	Infants, Sensitive Skin, Facial application
1.0%	6 Drops	Children, Elderly, Daily Body Massage
2.0%	12 Drops	Adult daily use, Bath & Body products
3.0%	18 Drops	Localized discomfort, Short-term use
5.0%	30 Drops	Acute conditions, Medical massage
10.0%	60 Drops	Small area, Serious injury (Short-term only)

Quick Reference

∅ 1ml ∅ 20 drops

∅ 5ml = 1 tsp

∅ 15ml = 1 tbsp

∅ 30ml = 1 oz

Safety Notes

⚠ Always perform a patch test.

⚠ Avoid eyes and mucous membranes.

⚠ Store in dark glass bottles.

⚠ Keep out of reach of children.