

ESSENTIAL OIL DILUTION GUIDE

Calculated for 10ml (2 tsp) of Carrier Oil

Sensitive / Pediatric

0.25%	0.5 Drop	Infants (6-24 months), chronic illness
0.5%	1 Drop	Toddlers (2-6 years), sensitive skin, facial use

Standard Daily Care

1%	2 Drops	Children (6+), elderly, daily skin support
2%	4 Drops	Average adult daily use, massage, body lotion

Therapeutic / Short-term

3%	6 Drops	Localized discomfort, muscle aches, respiratory congestion
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5%	10 Drops	Acute injury, severe cramping (short-term use only)
10%	20 Drops	Specific small-area applications (medical professional oversight)

Safety Fundamentals:

- ⌘ Always perform a patch test.
- ⌘ Photosensitive oils: Avoid sun for 12-18 hours.
- ⌘ Keep away from eyes, ears, and mucous membranes.
- ⌘ Use glass containers for storage.
- ⌘ "Neat" (undiluted) application is rarely recommended.
- ⌘ If irritation occurs, apply plain carrier oil to dilute.

Standard Drop Calculation: 20 drops $\hat{=}$ 1ml. Dilutions vary based on dropper size.