

MASTER ESSENTIAL OIL DILUTION CHART

DILUTION RATE	DROPS (PER 10ML)	BEST USE CASE
0.5%	1 Drop	Infants, Sensitive Skin, Facial use
1.0%	2 Drops	Daily Body Care, Children (2+), Elderly
2.0%	4 Drops	Standard Massage, Bath products
3.0%	6 Drops	Local discomfort, Short-term use
5.0%	10 Drops	Specific injury, Acute conditions
10.0%	20 Drops	Intensive spot treatment only

Safety Preparation Checklist

Carrier oil selected (Jojoba, Coconut, Almond)

Glass amber bottle sanitized and dry

Oil properties checked for photosensitivity

Small patch test performed on forearm

Label created with date and dilution %

Standard calculation: 1ml of essential oil $\hat{=}$ 20-30 drops. Measurements based on 10ml (2 tsp) carrier oil.