

# ESSENTIAL OIL DILUTION GUIDE

*Safety Reference for Topical Application*

|       |          |          |  |
|-------|----------|----------|--|
| 0.5%  | 1 Drop   | 3 Drops  | Infants, Sensitive Skin, Facial use          |
| 1.0%  | 2 Drops  | 6 Drops  | Children, Daily Body Massage, Elderly        |
| 2.0%  | 4 Drops  | 12 Drops | Standard Adult Daily Use, Bath/Body oils     |
| 3.0%  | 6 Drops  | 18 Drops | Localized Discomfort, Temporary Aches        |
| 5.0%  | 10 Drops | 30 Drops | Short-term use, Specific Injury/Issue        |
| 10.0% | 20 Drops | 60 Drops | Small area, High-potency (Professional Only) |

## Carrier Oil Suggestions

- Fractionated Coconut Oil
- Sweet Almond Oil
- Jojoba Oil
- Grapeseed Oil

## Safety Reminders

- Always perform a patch test
- Keep away from eyes and ears
- Store in dark glass bottles
- Photosensitivity: Avoid sun after Citrus

Note: 1ml is approximately 20-30 drops. These ratios are general guidelines. Consult a certified aromatherapist for specific health concerns.