

ESSENTIAL OIL DILUTION CHART

Professional Massage Therapy Ratios

CARRIER OIL AMOUNT	1% DILUTION (SENSITIVE)	2% DILUTION (STANDARD)	3% DILUTION (TARGETED)
5 ml (1 tsp)	1 Drop	2 Drops	3 Drops
10 ml (2 tsp)	2 Drops	4 Drops	6 Drops
15 ml (1 tbsp)	3 Drops	6 Drops	9 Drops
30 ml (1 fl oz)	6 Drops	12 Drops	18 Drops
100 ml (3.4 fl oz)	20 Drops	40 Drops	60 Drops

RECOMMENDED USES

1%: Children (6+), elderly, facial massage, or sensitive skin.

2%: Standard full-body massage for healthy adults.

3%: Localized application for muscle pain or congestion.

SAFETY NOTES

- Always perform a patch test first.
- Avoid eyes and mucous membranes.
- Consult a professional for pregnancy or chronic illness.
- Store in dark glass containers.