

ESSENTIAL OIL DILUTION GUIDE

Based on 10ml (2 tsp) Carrier Oil

DILUTION RATE	DROPS OF EO	RECOMMENDED USE
0.5%	1 Drop	Infants, elderly, or sensitive skin facial care.
1%	2 Drops	Daily body use, children (2+), and facial application.
2%	4 Drops	Standard adult dose for massage or daily wellness.
3%	6 Drops	Local application for temporary discomfort or aches.
5%	10 Drops	Short-term use for specific acute issues.
10%	20 Drops	Small area application only (serious localized concerns).

Note: 20 drops is approximately 1ml. Always perform a patch test before full application.