

ESSENTIAL OIL DILUTION GUIDE

Standard 10ml Roll-On Bottle

DILUTION RATE	DROPS (PER 10ML)	BEST USE / PURPOSE
0.5%	1 Drop	Infants (6-24 months), Sensitive Skin
1.0%	2-3 Drops	Children (2+), Daily Skin Care, Elderly
2.0%	6 Drops	Healthy Adults, Daily Wellness, Perfume
3.0%	9 Drops	Occasional Discomfort, Localized Support
5.0%	15 Drops	Short-term Use, Acute Issues
10.0%	30 Drops	Professional Use, Intense Localized Area

Instructions: Add essential oil drops first, then fill the remainder of the 10ml bottle with a carrier oil (MCT Coconut, Jojoba, or Almond oil).

Note: This is a general template for educational purposes. Always perform a patch test before regular use.