

ESSENTIAL OIL DILUTION GUIDE

Standard Ratios for 10ml (1/3 oz) Carrier Oil

DILUTION RATE	DROPS (PER 10ML)	BEST USE / APPLICATION
0.5%	1 Drop	Sensitive skin, facial care, children
1.0%	2 Drops	Daily body care, massage, long-term use
2.0%	4 Drops	Standard adult topical application
3.0%	6 Drops	Localized discomfort, temporary skin support
5.0%	10 Drops	Short-term use, intense localized area
10.0%	20 Drops	Professional use only, acute localized application

Measurement Guide:

1 tsp = 5ml (approx. 100 drops)

1 tbsp = 15ml (approx. 300 drops)

1 fl oz = 30ml (approx. 600 drops)

Safety Precautions:

⚠ Always perform a patch test first.

⚠ Avoid contact with eyes and inner ears.

⚠ Consult a professional for pregnancy or infants.