

ESSENTIAL OIL DILUTION GUIDE

Standard safety ratios for topical application per 10ml (2 tsp) Carrier Oil

Dilution %	Drops (per 10ml)	Recommended Use
0.5%	1 Drop	Infants (6-24 months), Sensitive Skin, Facial application
1%	2 Drops	Children (2+), Elderly, Long-term daily use, Facial oils
2%	4 Drops	Average Adult daily use, Massage oils, Body lotions
3%	6 Drops	Local discomfort, Short-term support, Acute issues
5%	10 Drops	Intense local application, Limited area (e.g., Joint rub)
10%	20 Drops	Professional clinical use only, Serious acute conditions

General Safety

- Perform a patch test before full application.

- Keep oils away from eyes, ears, and mucous membranes.
- Photosensitive oils (citrus) require 12-18h sun avoidance.
- Always store in dark glass containers.

Carrier Oil Examples

- Fractionated Coconut Oil (Long shelf life)
- Sweet Almond Oil (Vitamin E rich)
- Jojoba Oil (Closest to skin sebum)
- Grapeseed Oil (Lightweight/non-greasy)