

ESSENTIAL OIL DILUTION GUIDE

Standard Dilution for 10ml (2 tsp) Carrier Oil

DILUTION RATE	DROPS OF EO	RECOMMENDED USE
0.5%	1 Drop	Infants, Sensitive Skin, Facial Use
1.0%	2-3 Drops	Children, Elderly, Daily Body Care
2.0%	6 Drops	Standard Adult Massage, Bath & Body
3.0%	9 Drops	Localized Discomfort, Temporary Ailments
5.0%	15 Drops	Short-term Use, Specific Injuries
10.0%	30 Drops	Acute Situations (Professional Advice Only)

Safety Checklist

- Perform a skin patch test first
- Check for photosensitivity warnings
- Verify pregnancy/nursing safety
- Ensure oil is "Therapeutic Grade"
- Dilute in high-quality carrier oil
- Keep away from eyes and membranes
- Label bottle with date and %

Store in cool, dark glass bottle

Standard calculation: 1ml of essential oil $\hat{=}$ 20-30 drops. When in doubt, start with the lowest possible dilution.