

ESSENTIAL OIL DILUTION GUIDE FOR CHILDREN

AGE GROUP	DILUTION RATE	DROPS PER 10ML (CARRIER OIL)
Newborn (0-3 Months)	0.1% to 0.2%	1 drop per 30ml (Use with extreme caution)
Infants (3-24 Months)	0.25% to 0.5%	1 - 2 drops
Toddlers (2-6 Years)	1%	3 drops
Children (6-15 Years)	1.5% to 2%	5 - 6 drops
Teens (15+ Years)	2.5% to 3%	7 - 9 drops

Safety Guidelines

- Always perform a patch test on a small area of skin first.
- Avoid using "hot" oils (Cinnamon, Clove, Oregano) on children.
- Do not apply essential oils near the face, nose, or eyes of infants.
- Store all essential oils out of reach of children.
- Consult a pediatrician before using oils for specific medical conditions.