

ESSENTIAL OIL DILUTION GUIDE

Topical Application Safety Reference

DILUTION %	DROPS PER 10ML	DROPS PER 30ML (1OZ)	RECOMMENDED USE CASE
0.25%	0.5 Drop	1.5 Drops	Infants (6+ months), Chronic sensitive skin
0.5%	1 Drop	3 Drops	Toddlers (2-5 years), Facial application
1%	2 Drops	6 Drops	Children (6+), Elderly, Daily body care
2%	4 Drops	12 Drops	Healthy Adults (Daily use), Bath & Body oil
3%	6 Drops	18 Drops	Localized discomfort, Short-term use
5%	10 Drops	30 Drops	Injury, Muscle cramps, Acute concerns
10%	20 Drops	60 Drops	Severe acute issues (Professional advice only)

Standard Carrier Measurements:

⌘ 1 Teaspoon (5ml) = ~100 drops total volume

1 Tablespoon (15ml) = ~300 drops total volume

Calculation used: 1ml of essential oil = 20 drops

This chart is for educational purposes only. Always perform a patch test before widespread use.
Consult with a certified aromatherapist for specific safety protocols.