

ESSENTIAL OIL DILUTION GUIDE

| DILUTION RATE | DROPS PER 10ML (2 TSP) | DROPS PER 30ML (1 OZ) | RECOMMENDED USE |
|----------------------|-------------------------------|------------------------------|------------------------------------|
| 0.25% | 0-1 Drop | 1-2 Drops | Infants (6+ months) |
| 0.5% | 1 Drop | 3 Drops | Children / Sensitive Skin |
| 1% | 3 Drops | 9 Drops | Facial Skin / Daily Use |
| 2% | 6 Drops | 18 Drops | Standard Body Massage |
| 3% | 9 Drops | 27 Drops | Localized Pain / Acute Care |
| 5% | 15 Drops | 45 Drops | Short-term Injury Support |
| 10% | 30 Drops | 90 Drops | Maximum (Professional Only) |

Standard Conversion: 20-30 drops = approx. 1ml

Always perform a patch test before wide application. Use a high-quality carrier oil such as Jojoba, Coconut, or Almond oil. Consult a certified aromatherapist for specific medical conditions or pregnancy.