

ESSENTIAL OIL DILUTION CHART

Standard 10ml (1/3 oz) Roller Bottle Guide

DILUTION RATE	DROPS (PER 10ML)	RECOMMENDED USAGE
0.5%	1 Drop	Infants, Sensitive Skin, Facial application
1.0%	2-3 Drops	Daily use, Children, Elderly
2.0%	5-6 Drops	Adult daily use, Massage, Skin care
3.0%	8-9 Drops	Localized discomfort, Short-term use
5.0%	15 Drops	Acute concerns, Professional guidance only
10.0%	30 Drops	Extreme cases, Pulse points (Short duration)

CARRIER OIL BASICS

Always dilute essential oils in a carrier oil (Fractionated Coconut, Jojoba, Almond) to prevent skin sensitization and improve absorption.

SAFETY FIRST

Perform a patch test on a small area of skin. Avoid contact with eyes, inner ears, and sensitive areas.

Note: 20 drops is approximately 1ml. These calculations are based on standard dropper sizes.