

ESSENTIAL OIL DILUTION CHART

DILUTION RATE	DROPS PER 10ML (2 TSP)	DROPS PER 30ML (1 OZ)	RECOMMENDED USE
0.5%	1 Drop	3 Drops	Infants, Sensitive Skin, Facial application
1.0%	2 Drops	6 Drops	Children, Elderly, Daily Body Use
2.0%	4 Drops	12 Drops	Healthy Adults, Bath & Body Products
3.0%	6 Drops	18 Drops	Localized discomfort, Short-term use
5.0%	10 Drops	30 Drops	Acute conditions, Injury (Sprains/Cramps)
10%	20 Drops	60 Drops	Serious issues (Spot Treatment only)

Safety First

Perform a patch test before full application. Avoid contact with eyes and mucous membranes. Keep out of reach of children.

Carrier Oils

Dilute essential oils in a carrier like Fractionated Coconut Oil, Jojoba, Sweet Almond, or Argan oil for safe absorption.

Template for educational purposes only. Consult a certified aromatherapist for clinical advice.