

ESSENTIAL OIL DILUTION GUIDE

Standard 1 oz (30ml) Carrier Oil Base

DILUTION RATE	DROPS (PER 30ML)	RECOMMENDED USAGE
0.25%	1 - 2 drops	Infants (6+ months), Sensitive Skin
1%	6 drops	Daily Facial Care, Children, Elderly
2%	12 drops	Body Massage, Daily Skin Support
3%	18 drops	Localized Discomfort, Short-term Use
5%	30 drops	Injury, Severe Muscle Tension
10%	60 drops	Professional Clinical Application Only

Quick Conversion

⌘ 1 tsp = 5ml (1-2 drops for 1%)

⌘ 1 tbsp = 15ml (3 drops for 1%)

⌘ 1 fl oz = 30ml (6 drops for 1%)

Safety Rules

⌘ Always perform a patch test.

⌘ Keep away from eyes and mucus membranes.

⌘ Photosensitive oils: avoid sun for 12hrs.

This chart is for educational purposes. Consult a certified aromatherapist for specific medical concerns.