

ESSENTIAL OIL DILUTION GUIDE

USEFUL CONVERSIONS:

30 ML = 1 OUNCE
6 TEASPOONS = 1 OUNCE
2 TABLESPOONS = 1 OUNCE

PLEASE NOTE, THIS CHART IS BASED OFF OF "ESSENTIAL OIL SAFETY", ROBERT TISSERAND AND RODNEY YOUNG. 2ND EDITION. THE TISSERAND INSTITUTE. 2013.

DILUTION %

	AMOUNT OF CARRIER OIL							
	5ml	10ml	15ml	20ml	25ml	30ml	50ml	100ml
.05%	.1	.15	.2	.3	.4	.5	.75	1.5
.1%	.15	.3	.5	.6	.75	.9	1.5	3
.5%	.75	1.5	2.25	3	3.75	4.5	7.5	15
1%	1.5	3	4.5	6	7.5	9	15	30
1.5%	2.25	4.5	6.75	9	11.25	13.5	22.5	45
2%	3	6	9	12	15	18	30	60
2.5%	3.75	7.5	11.25	15	18.75	22.5	37.5	75
3%	4.5	9	13.5	18	22.5	27	45	90
3.5%	5.25	10.5	15.75	21	26.25	31.5	52.5	105
4%	6	12	18	24	30	36	60	120
4.5%	6.75	13.5	20.25	27	33.75	40.5	67.5	135
5%	7.5	15	22.5	22.5	37.5	45	75	150

NUMBER OF ESSENTIAL OIL DROPS

EXAMPLE: TO GET 2% DILUTION IN 30 ML (1 OZ) OF CARRIER OIL, ADD 18 DROPS OF ESSENTIAL OIL.

THESE DILUTION RATES ARE HELPFUL FOR WHOLE BODY APPLICATIONS.*

AGE	Premature Infant	Up to 3 months	3-24 months	2-6 years	6-15 years	15+ years
RECOMMENDED %	0%	.1%	.25%	1%	1.5%	2.5%
MAXIMUM %	0%	.2%	.50%	2%	3%	5%

*KEEP IN MIND, THE PERCENTAGES FOR SPECIFIC APPLICATIONS (I.E. BOTTOMS OF YOUR FEET) CAN BE A LITTLE HIGHER. ALWAYS START WITH THE MINIMUM. YOU CAN ADD MORE IF NEEDED.