

Dilution Chart

	.5%	1%	2%	3%	5%	10%	25%
Carrier Oil ↓	Drops of Essential Oil ↓						
5 ml (1 tsp)		1 drop	2 drops	3 drops	5 drops	10 drops	25 drops
10 ml (2 tsp)	1 drop	2 drops	4 drops	6 drops	10 drops	20 drops	50 drops
15 ml (1 Tbs)	2 drops	3 drops	6 drops	9 drops	15 drops	30 drops	75 drops
30 ml (1 oz or 2 Tbs)	3 drops	6 drops	12 drops	18 drops	30 drops	60 drops	150 drops

Dilution	Appropriate application
0.5%	This is the most appropriate dilution for young children ages 6 months to 6 years.
1.0%	This dilution is appropriate for children over the age of 6, pregnant women, elderly individuals, and those with very sensitive skin. This is also an appropriate dilution when preparing a massage oil that is to be applied over the whole body.
2.0%	This dilution is appropriate for adults at risk for sensitization who are using oils on a daily basis.
3.0-10.0%	This dilution range is appropriate for adults at risk for sensitization who are experiencing a specific health concern such as respiratory congestion, digestive upset, or a sore muscle.
25%	This dilution is appropriate for short-term management of an acute concern, such as a severe bruise, a migraine headache, or a respiratory infection.