

Dilution Guidelines

for Essential Oils



DILUTION %	5ml bottle (1 tsp carrier oil)	10ml bottle (2 tsp carrier oil)	15ml bottle (3 tsp carrier oil)	30 ml bottle (6 tsp carrier oil)
0.5%	Less than 1 E.O. drop	1 E.O. drop	2 E.O. drop	4 E.O. drop
1%	1 E.O. drop	3 E.O. drop	4 E.O. drop	9 E.O. drop
2%	3 E.O. drop	6 E.O. drop	9 E.O. drop	18 E.O. drop
3%	4 E.O. drop	9 E.O. drop	13 E.O. drop	27 E.O. drop
4%	6 E.O. drop	12 E.O. drop	18 E.O. drop	36 E.O. drop
5%	7 E.O. drop	15 E.O. drop	22 E.O. drop	45 E.O. drop

0.5% 1 drop essential oil to 2 tsp of carrier oil
- Infants (6-24 months)

1% 3 drops essential oils to 2 tsp of carrier oil
- Elderly, Facial application

2% 6 drops essential oils to 2 tsp of carrier oil
- Maximum daily recommended dilution

5% 15 drops essential oils to 2 tsp of carrier oil
- Short term use