

# Safe Dilution Ratios

Essential oils are highly concentrated. To dilute them, add your favorite carrier oil. See the chart below for dilution guidelines.



## Amount of Carrier Oil to Use

## Drops of Essential Oil to Use

	.5%	1%	2%	3%	4%	5%
5ML Bottle = 1 tsp of Carrier Oil		1 DROP	3 DROP	4 DROP	6 DROP	7 DROP
10ML Bottle = 2 tsp of Carrier Oil	1 DROP	3 DROP	6 DROP	9 DROP	12 DROP	15 DROP
15ML Bottle = 3 tsp of Carrier Oil	2 DROP	4 DROP	9 DROP	13 DROP	18 DROP	22 DROP
30ML Bottle = 6 tsp of Carrier Oil	4 DROP	9 DROP	18 DROP	27 DROP	36 DROP	45 DROP

**Sizes & Conversions** 1 ml = approximately 25 drops (varies with viscosity & size of dropper opening)

2.5%- 3.0% is usual dilution for most massage oils (2.5% EOs to 97.5% Carrier Oil or 3.0% EOs to 97.0% Carrier Oil.)

Values are approximate for both single EOs and or for Blends. This is a generic statement and does not apply to all essential oils. Please consult safety and contraindications for each specific Essential Oil.

Two oils that are considered safe to use topically without a carrier oil, are Melaleuca (Tea Tree) and Lavender.

It is further a good idea to test any oil out on a small portion of skin too, before using.

The absorption rate of essential oils is faster with diffusing and inhaling. So, if you are looking to have your absorption of essential oils take longer (it takes longer for our bodies to absorb the essential oils through the skin), then applying directly on the skin is an excellent choice (diluted). Further, a very good time to use the oils topically is when it will directly benefit the area you are applying it. For instance, if you have a bug bite, a topical application would be more suitable than inhaling the oils.