

Dilution Chart

Amount of Carrier to use	Drops of EO to use					
	1%	2%	3%	5%	10%	25%
EO to Carrier Dilution Ratio:						
1 teaspoon (5 ml)	1	2	3	5	10	25
2 teaspoon (10 ml roll on)	2	4	6	10	20	50
3 teaspoon (15 ml, 1 tbsp)	3	6	9	15	30	75
6 teaspoon (30 ml, 1 oz)	6	12	18	30	60	150
12 teaspoon (2 oz, 4 tbsp)	12	24	36	60	120	300

Conversion Chart

20 drops = 1 ml	1 ml = ¼ teaspoon
100 drops = 5 ml	5 ml = 1 teaspoon
300 drops = 15 ml	15 ml = 3 teaspoon (1 tbsp)
600 drops = 30 ml (1 oz)	30 ml = 6 teaspoon (2 tbsp, 1 oz)

General Guidelines:

.5% ~ infants, babies, *hot* oils 2% - 3% ~ daily skin care
 1% ~ children, elderly, sensitive skin 10% - 25% ~ short-term use

Neat ~ localized skin or systemic issues*

*e.g. warts, mosquito bites, or Lavender for a burn

These are general guideline suggestions, not absolute rules. Information is based on traditional aromatherapy practice. Percentage of EO to use will depend largely on the age of the person, health issue, oils being used, skin sensitivity and length of time to use.

(Kurt Schnaubelt PhD, Valerie Worwood, Robert Tisserand)