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Important Safety Information at Your Fingertips

# EO Dilution Cheat Sheet



## Why Dilute?

Essential Oils are extremely concentrated and a small amount goes a very long way.

Dilution helps avoid potential skin irritation and sensitization.

Carrier oil assists with the absorption of the essential oil into your skin.

## Dilution Reference Guide

Dilution	Amount Of Carrier Oil				
	5ml	10ml	15ml	30ml	60ml
.05%	.1	.15	.2	.5	1
.1%	.15	.3	.5	.9	1.8
.5%	.75	1.5	2.25	4.5	9
1%	1.5	3	4.5	9	18
1.5%	2.25	4.5	6.75	13.5	27
2%	3	6	9	12	24
3%	4.5	9	13.5	22.5	45
4%	6	12	18	36	72
5%	7.5	15	22.5	45	90

## How do I know what percentage to dilute?

### Infants:

Topical application is not the preferred method for infants; however, in the case of topical application, dilution should typically be no more than .5% - 1%.

### Children:

Typically 1% - 2%

### Adults:

Typically 2% - 3%;  
4% - 5% for short term,  
intensive treatment.

## Other Important Notes

**How can I measure .1 drop of EO as shown on the table above?**

You can't. You will have to use a larger amount of carrier oil to achieve the appropriate dilution.

(Ex: 1 drop EO in 60ml of carrier)

**Are there any oils that these guidelines do not apply to?**

YES! Some oils to use with extra caution are Cinnamon, Clove, Fennel, Fir, Lemongrass, Oregano, Sage, Spruce, and Thyme. I cannot overemphasize the importance of research!

We are here to help – please ask if you are unsure!

## Handy Conversions

1 tsp = 5 ml

2 tsp = 10 ml

3 tsp = 15 ml

6 tsp = 30ml

30ml = 1 oz

60ml = 2 oz

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