

DILUTION CHART

for essential oils

AMOUNT OF CARRIER OIL DILUTION RATIO:	DROPS OF ESSENTIAL OILS					
	1%	2%	3%	5%	10%	25%
1 TEASPOON (5 ML)	1	2	3	5	10	25
2 TEASPOONS (10 ML ROLLER BOTTLE)	2	4	6	10	20	50
3 TEASPOONS (15 ML, 1 TBS.)	3	6	9	15	30	75
6 TEASPOONS (30 ML, 1 OZ.)	6	12	18	30	60	150
12 TEASPOONS (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 TEASPOONS (1 TBSP.)
600 DROPS = 30 ML (1 OZ.)	30 ML = 6 TEASPOONS (2 TBSP./ 1 OZ.)

GENERAL GUIDELINES

- *INFANTS/BABIES (0.5%-1%)
- *2-5 YEARS (1%-3%)
- *6-11 YEARS (1%-5%)
- *12-17 YEARS (1%-20%)
- *18+ (1%-25%)
- *PREGNANT WOMEN, CHRONICALLY ILL & ELDERLY (1%)