

ESSENTIAL OIL DILUTION GUIDE

		Amount of Carrier Oil							
		5ml	10ml	15ml	20ml	25ml	30ml	50ml	100ml
Dilution Percentage	0.05%	0.1	0.15	0.2	0.3	0.4	0.5	0.75	1.5
	0.1%	0.15	0.3	0.5	0.6	0.75	0.9	1.5	3
	0.5%	0.75	1.5	2.25	3	3.75	4.5	7.5	15
	1%	1.5	3	4.5	6	7.5	9	15	30
	1.5%	2.25	4.5	6.75	9	11.25	13.5	22.5	45
	2%	3	6	9	12	15	18	30	60
	2.5%	3.75	7.5	11.25	15	18.75	22.5	37.5	75
	3%	4.5	9	13.5	18	22.5	27	45	90
	3.5%	5.25	10.5	15.75	21	26.25	31.5	52.5	105
	4%	6	12	18	24	30	36	60	120
	4.5%	6.75	13.5	20.25	27	33.75	40.5	67.5	135
	5%	7.5	15	22.5	30	37.5	45	75	150
		Number of Drops							

Quick Conversion

30ml = 1 ounce
 1 teaspoon = 100 drops
 10ml bottle of oil = 200 drops
 1 tablespoon = 3tsp = 14.7ml



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Recommended Dilutions			
Facial Spray/Cream	1%	Reed Diffuser	2-5%
Body Spray/Cream	2%	Roller (regular)	2%
Massage Oil	1-2%	Roller (health)	5%
Room Spray	2-5%		