



essential oil DILUTION CHART

Diluting

Diluting is essential to good essential oil use and avoiding things like sensitization and over use. Using a carrier oil also helps the body absorb the essential oil in the most effective way. Dilution doesn't lessen the effectiveness of essential oils, it enhances them!

Carrier oils (just a few common ones!):

Coconut oils • Olive oil
Avocado oil • Sweet Almond oil •
Grapeseed oil • Jojoba oil

Sources: Robert Tisserand, Sylla Hanger,
Aromahead Institute, AIA, NAHA

Questions? Contact Shannon Dennis

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DILUTION %	EO DROPS	CARRIER
.25% - for children 6 mos - 2 yrs. Up to 0.50% for a short period of time when condition is acute.	1	4 tsp.
1% - This is the general dilution for kids over 2, during pregnancy and for the elderly and frail.	1	1 tsp.
2% - Great dilution for those over 6 years of age	2	1 tsp.
3% - 5% - for short term use for an acute issue.	3-5	1 tsp.
10% - Occasionally for very severe issues. Not to exceed 25%.	10	1 tsp.

*The best thing to remember in aromatherapy is
"Less is always more!"*