

DILUTION QUICK REFERENCE

.5% DILUTION

Use for strong oils, especially with children or when there is a sensitivity. Common oils include: Cinnamon, Eucalyptus, and Peppermint

1% DILUTION

Ideal for adults with sensitive skin, or on delicate areas

2-3% DILUTION

The most common blend for most adult applications

2% Standard Dilution for Adults

5% +

Use with caution - know how your skin reacts. Be sure to look at specific oil safety profile

EO- DILUTIONS

| | 5ml | 10ml |
|------|----------------|----------------|
| 0.5% | 1/2 drop | 1 drop |
| 1% | 1.5 drops | 3 drops |
| 2% | 3 drops | 6 drops |
| 3% | 4.5 drops | 9 drops |
| 4% | 6 drops | 12 drops |
| 5% | 7.5 drops | 15 drops |

APPROX. VOLUME

| Approximate | | |
|-----------------|-----------|-------------------|
| 1/8 oz = | 3.75 ml = | 75 drops |
| 1/4 oz = | 7.5 ml = | 150 drops |
| 1/2 oz = | 15 ml = | 300 drops |
| 1 oz = | 30 ml = | 600 drops |
| 2 oz = | 60 ml = | 1200 drops |
| 4 oz = | 120 ml = | 2400 drops |

NOTES

Top Note lasts approx **1-3 hrs**
Middle Note lasts approx **3-5 hrs**
Base Note lasts approx **1 day +**
 (approximate evaporation times)

Dilution not only conserves the amount of essential oil it also **improves** absorption!