



ESSENTIAL OIL

Dilution Guide

GENERAL-USE GUIDELINES*

🌿  PER 1 OUNCE OF CARRIER OIL OR LOTION 🌿

DILUTION	DROPS PER 1 OUNCE	STRENGTH	GENERAL USE
 1%	5-6 DROPS	<i>Gentle</i> 	 Children, elderly, sensitive individuals, or people with chronic illness.
 2%	10-12 DROPS	<i>Mild</i> 	 Healthy adults; everyday or longer-term use.
 3%	15-18 DROPS	<i>Moderate</i> 	 Specific concerns, illness or injury; short-term use (3-4 weeks).



IMPORTANT NOTES

- These are general guidelines, not universal formulas. The appropriate dilution depends on the essential oil, the individual, the area of application, and the intended use.
- Always do a patch test before full topical use.
- These dilution guidelines are not intended for our pets as we always let them self select.**
- For pets, species, sensitivity, and the specific essential oil matter.



🌿 *Safety first. Nature wisely. Listen always.* 🌿

Source: Aromatics International
"Dilution Guidelines for Essential Oil Safety."
www.aromatics.com/safety