

# Dilution Guidelines for Essential Oils

## Cheat Sheet

Note: Those with medical conditions or illnesses, those who are pregnant or nursing and those who have compromised immune systems are suggested to seek the advice of a medical professional or certified aromatherapist prior to use. Use caution when using around children and pets.

For help with conversions, check out this useful conversion calculator. Visit- <https://www.asknumbers.com/>

### For master blends and samples: (Not to be used undiluted.)

- ¼ dram can hold 18 drops of oil.
- 10ml can hold 194 drops of oil.
- 15ml can hold 292 drops of oil.
- 30ml can hold 584 drops of oil.

### Charts below are for diluted use of essential oils.

Recommendations are to use the lowest dilution to start with. You can add more drops if needed.

#### Milliliters/Ounces to Teaspoons Conversions

Recommended Dilutions	Percentage
Children 2-6	0.25%
Daily Use	1%
Short Term Use	5%
Acute and Small Areas	10%

Milliliters/Ounces	Teaspoons
10ml (.338 ounces)	2
20ml (.676 ounces)	4
30ml (1 ounce)	6
60ml (2 ounces)	12
90ml (3 ounces)	18
120ml (4 ounces)	24

Dilution Percent	Drops of Essential Oil	Teaspoons of Carrier Oil
0.3%	3	4
1%	3	2
2%	6	2
3%	9	2
5%	15	2
10%	15	1