

# DILUTION CHART

EO/CO	1%	2%	3%	5%	10%	25%
<b>CARRIER TO USE</b>	<b>DROPS OF EO TO USE</b>					

5 ML/1TSP	1	2	3	5	10	25
10 ML/2TSP	2	4	6	10	20	50
15 ML/3TSP	3	6	9	15	30	75
30ML/1OZ	6	12	18	30	60	150
2OZ/4TBSP	12	24	36	60	120	300

## CONVERSION CHART

20 DROPS	1 ML
1 ML	¼ TEASPOON
100 DROPS	5 ML
5ML	1 TEASPOON
300 DROPS	15 ML
15 ML	3 TEASPOON OR 1 TABLESPOON
600 DROPS	30 ML OR 1 OUNCE
30 ML	1 OZ OR 2 TBSP OR 6 TEASPOONS

## GENERAL GUIDELINES

.5% (HALF A PERCENT)	INFANTS, BABIES, *HOT*OILS
1-2%	CHILDREN, ELDERLY, SENSITIVE SKIN
2-3%	DAILY SKIN CARE
10-25%	SHORT TERM USE/ACUTE ILLNESS
NEAT	LOCALIZED SKIN OR SYSTEMIC ISSUES**

\*\*\*THESE ARE GENERAL GUIDELINE SUGGESTIONS, **NOT ABSOLUTE RULES**. INFORMATION IS BASED ON TRADITIONAL AROMATHERAPY PRACTICE. PERCENTAGE OF EO TO USE WILL DEPEND LARGEY ON THE AGE OF THE PERSON, HEALTH ISSUE, OILS BEING USED, SKIN SENSITIVITY AND LENGTH OF TIME TO USE.

**Disclaimer:** Statements made about EO's have not been evaluated by the FDA. Information shared is based on scientific research as well as antidotal testimonies shared by others, and is for informational purposes only. Information shared is **not** intended to be a substitute for a medical professional diagnosis or treatment.