Essential Oil Dilution Chart

Drops of essential oil to add to each amount of carrier oil (about 20 drops per ml)

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Carrier oil	0.5%	1%	2%	3%	5%
5 ml (1 tsp)	½*	1	2	3	5
10 ml (2 tsp, roller)	1	2	4	6	10
15 ml (1 tbsp)	1–2	3	6	9	15
30 ml (1 fl oz)	3	6	12	18	30
60 ml (2 fl oz)	6	12	24	36	60
120 ml (4 fl oz)	12	24	48	72	120

*For very low dilutions in small amounts, mix a larger batch. Drop size varies by oil and dropper, so these are close guides. Math: drops = % × ml × 0.2.

Which dilution to use

Dilution	Typical use
0.25–0.5%	Babies 3–24 months; very sensitive skin
1%	Face; ages 2–6; older adults; pregnancy (ask your provider)
2%	Adult body oils, lotions, massage
3%	Short-term, small area, adults
5%	Brief spot use, tiny area, healthy adults only

Children by age

Age	Max	Drops / 1 oz
Under 3 months	Don't apply	
3–24 months	0.25–0.5%	1–3
2–6 years	1%	6
6–15 years	1.5%	9
15 and older	Adult dilutions	

Avoid peppermint and eucalyptus near the face of children under 6, and wintergreen in children.

Oils that need lower limits

Oil	Approx. max
Cinnamon bark	0.07% (avoid on skin)
Clove bud	0.5%
Bergamot (not FCF)*	0.4%
Lime, cold-pressed*	0.7%
Lemongrass	0.7%
Ylang ylang	0.8%
Oregano	about 1%
Lemon, cold-pressed*	2%

*Phototoxic: limit applies to skin exposed to sun within 12 hours. Approximate adult maximums from Tisserand & Young, *Essential Oil Safety*.

Safety basics

- **Patch-test** new blends on your inner forearm for 24 hours.
- **Never** dilute in plain water; oils float on top.
- **Don't swallow** essential oils. Keep bottles away from children.
- **Pets:** never apply oils to pets; cats are especially sensitive.
- **Replace old oils.** Oxidized oils irritate skin more easily.
- **Label** every blend with oils, dilution, and date.

My blends

Blend	Oils & drops	%	Date

General guidance for healthy adults unless noted. Not medical advice; ask your doctor if you're pregnant, have a health condition, or are treating a child.

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