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# Dilution Chart

It's important to always dilute an essential oil before you use it on your skin. Use this table to help you dilute your essential oils safely.

## Common Dilution Measurements

### 5% Dilution

Healing, aches and pains, temporary use



8-10



13-15



50-60



100-120

### 3% Dilution

General wellness, massage, skin care, daily use



5-6



8-9



30-36



60-72

### 1% Dilution

Kids aged 5-7, pregnant or breastfeeding, face care



2



3



10-12



20-24

### 0.5% Dilution

Kids aged 2-5, frail or elderly



1



2



5-6



10-12

### Carrier Oil

Coconut oil, almond oil, olive oil or other carrier oil



10 ml  
Roll On 1/2 oz



15 ml  
Bottle 1/2 oz



2 oz



4 oz