simply earth®

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

	10 ml Roll On ⅓ oz	15 ml Bottle ½ oz	2 oz	4 oz
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

