


## SAFE DILUTION FOR ESSENTIAL OILS

			DILUTION %			
			# DROPS EO	# DROPS EO	# DROPS EO	# DROPS EO
			1%	2%	3%	5%
			2-6 YR PREGNANT/ELDERLY	7-12 YR MASSAGE/ SKIN CARE	ADULTS INTERMITTENT USE	ADULTS OCCASIONAL USE
CARRIER (ALOE OIL ETC)	ML	OZ				
1 TSP CARRIER	5 ML	1/6 OZ.	1	2	3	5
2 TSP CARRIER	10 ML	1/3 OZ.	2	4	6	10
3 TSP CARRIER	15 ML	1/2 OZ.	3	6	9	15
4 TSP CARRIER	20 ML	2/3 OZ.	4	8	12	20
5 TSP CARRIER	25 ML	5/6 OZ.	5	10	15	25
6 TSP CARRIER	30 ML	1 OZ.	6	12	18	30