



Essential Oils Dilution Charts

1/3 Ounce = 10 ml
(or 2/3 Tablespoon)

Dilution %	# Drops EO
0.50%	1
1%	3
2%	6
3%	9
5%	15
10%	30

1/2 Ounce = 15 ml
(or 1 Tablespoon)

Dilution %	# Drops EO
0.50%	2
1%	4
2%	9
3%	13
5%	22
10%	44

1 Ounce = 30 ml
(or 2 Tablespoons)

Dilution %	# Drops EO
0.50%	4
1%	6
2%	12
3%	18
5%	30
10%	60

2 Ounces = 60 ml
(or 4 Tablespoons)

Dilution %	# Drops EO
0.50%	8
1%	18
2%	36
3%	54
5%	90
10%	180

NOTES: For infants & children under 12 use either 0.50% or 1% dilution ONLY

**Add Essential Oils to base of creams, lotions, shampoo conditioner, carrier oils of choice with desired dilution %
(Standard recommendation is 2% dilution for non-sensitive adults)**

CONVERSION FORMULAS:

1ml = 0.033 ounces

1 ounce = 29.57 ml

1 tablespoon = 14.7 ml or 0.05 ounces

(Some numbers in chart above are rounded)