

Essential Oil Dilution Rates

Amount of Carrier by Weight	Number of Drops 1% Dilution	Number of Drops 2% Dilution	Number of Drops 3% Dilution
1 Oz	5-6 Drops	10-12 Drops	15-18 Drops
2 Oz	10-12 Drops	20-24 Drops	30-36 Drops

- 1% Dilution Rate – Good place to start for the Elderly, Children (5-12 years of age), and for People with Long Term Illnesses.
- 2% Dilution Rate – For overall general health supporting blends including massage oils, skin care, natural perfumes, or for every day use.
- 3% Dilution Rates – For when you want something a little stronger for a specific short term concern.

Remember to follow general safety concerns and pay attention to any specific concerns applicable to the essential oils you are using.