

Essential oil dilution chart

keep it beside you while you blend

For everyday body care, 2%. For the face, children, and anyone sensitive, 1% or less. Start there. On the bottle side, that is 10 to 12 drops of essential oil in 1 oz (30 ml) of carrier for a body blend. The right number shifts with the skin involved, the person, and how long you plan to use the blend.

USE	DILUTION	DROPS PER 1 OZ (30 ML)	NOTES
Face and sensitive areas <i>adults, leave-on face products</i>	0.5% to 1%	2 to 3 · 5 to 6	Thinner, more reactive, sun-exposed skin. Many face recipes carry no essential oil at all.
Everyday body care <i>adults, massage oils and daily body products</i>	2%	10 to 12	The reliable everyday level.
A specific complaint <i>adults, sore or tight muscles</i>	3%	15 to 18	Step up for a particular issue, not for daily care.
Short-term, small area <i>adults, chest congestion or a sports recovery rub</i>	5% to 10%	25 to 30 · 50 to 60	A short stretch on a small area. More care and judgment, not a habit.
Children 5 to 10, elders, pregnancy, sensitive skin <i>pregnancy past the first trimester, the medically fragile, the fragrance-sensitive</i>	0.25% to 1%	1 to 2 · 5 to 6	Adult ranges begin around age eleven.
Babies and toddlers under five <i>the Aromahead Approach</i>	0%	none	Carrier oils and hydrosols do the work. Essential oils begin around ages five to ten.
Kept in reserve <i>acute, severe, localized cases</i>	25%, or undiluted	rarely	Undiluted means helichrysum or lavender only, one spot, a short time.

Drops per 1 oz (30 ml) of carrier. Two figures where the range has two ends.

Drops per bottle

BOTTLE	0.5%	1%	2%	3%	5%
5 ml	up to 1	1	2	3	4 to 5
10 ml	1	2	3 to 4	5 to 6	8 to 10
15 ml	1 to 2	3	5 to 6	8 to 9	13 to 15
1 oz (30 ml)	3	5 to 6	10 to 12	15 to 18	25 to 30
2 oz (60 ml)	5 to 6	10 to 12	20 to 24	30 to 36	50 to 60

A 10 ml roller bottle at 2% takes about 3 to 4 drops, and at 1% about 2. The counts feel tiny at first. They are correct.

Oils with their own ceiling

Ylang ylang (*Cananga odorata*) · 0.8% · About 4 to 5 drops per ounce. Not for children under two.

Jasmine absolute (*Jasminum grandiflorum*) · 0.7% · May react with fragrance-sensitive dermatitis.

Rose otto (*Rosa damascena*) · 0.6% · A single drop goes a long way.

Clove bud (*Syzygium aromaticum*) · 0.5% or less · Short periods only. Not in a bath, not with babies.

Peppermint (*Mentha × piperita*) · 1% to 2% · Our working maximum. Not for children under five.

Bergamot (*Citrus bergamia*) · 2 drops per ounce on skin · Phototoxic before sun. Diffusing raises no concern.

Lemon (*Citrus limon*) · 12 drops per ounce on skin · Phototoxic above that on sun-exposed skin.

Grapefruit (*Citrus paradisi*) · 24 drops per ounce on skin · Phototoxic above that on sun-exposed skin.

Leave-on skin blends. Diffusing side-steps every phototoxic limit.