



2511 Neudorf Rd., Ste. G • Clemmons, NC 27012 • (336) 778-1950
 www.IntegrativeLifeSolutions.com

Diluting and Blending Essential Oils

Number of drops indicated is the maximum number of drops for a single oil and the total number of drops when combining several oils.

Carrier base in ounces ↓	.5% dilution	1% dilution	2% dilution	3% dilution	5% dilution	10% dilution
Half an ounce	1-2 drops	3-4 drops	5-6 drops	8-9 drops	12-15 drops	28-30 drops
1 ounce	3 drops	6 drops	12 drops	18 drops	30 drops	60 drops
2 ounces	6 drops	12 drops	24 drops	36 drops	60 drops	120 drops
4 ounces	12 drops	24 drops	48 drops	72 drops	120 drops	240 drops

10 milliliters = 2 teaspoons or 1/3 ounce
 15 milliliters = half an ounce



Less is more, especially if you are sensitive or have a compromised immune system. Start with a low dilution percentage and increase over time once you know how you will react to the essential oil.

Use less for essential oils that have a particularly strong scent. Oils “come alive” with body heat, so the scent can increase once it is on your skin or added to a warm bath.

Dilution Use Information

Always do a patch test if using an oil blend on your skin as some people may be sensitive.

- 0.5% dilution for use with the elderly and frail
- 1% to 2% dilution for children age 8 to 12. The younger the child, the higher the dilution rate.
- 1% dilution for face creams
- 2% for general aromatherapy and holistic therapeutic use
- 3% dilution for massage oil, skin oils and salves, and body butters
- 5% dilution for massage oil/cream for muscle aches
- 10% dilution for maximum strength massage oils/creams for muscle aches and pains

Never ingest essential oils. Keep away from eyes. Pregnant or lactating women should avoid use unless under the care of a qualified clinical aromatherapist. Keep essential oils and carrier oils away from flames. Always check for contraindications in a reliable source before using essential oils, as some may cause harm if you have certain health conditions. Some oils, especially citrus oils, can make your skin photosensitive, so do not use them on your skin if you will be out in the sun or using a tanning bed.