



Bobbi Misiti, FMCHC

Yoga & Health Coaching
717.443.1119 www.befityoga.com

When using Essential Oils topically it is important to dilute. Essential oils are very concentrated — about 70 times more so than the whole plant; diluting them in a carrier oil is much safer and does not weaken their effects; on the contrary it seems the carrier oils pull the essential oils deeper into our tissues.

Here are some standard guidelines for dilution:

- ॐ Standard dilutions are 2% - 10%
- ॐ For children under 12 it is safer to work with 1% dilutions
- ॐ For most purposes I work with about a 10% dilution — that's 60 drops of essential oil per ounce of carrier oil.
- ॐ For people with sensitive skin I recommend a 5% dilution = 30 drops per ounce.

Here's a simple dilution guide:

- ॐ **1% dilution** (6 drops of essential oils per 1 ounce of carrier oil) – good for sensitive skin (face, genitals, underarms, babies, and toddlers)
- ॐ **2-3% dilution** (12-18 drops of essential oil per 1 ounce of carrier oil) – standard adult concentration for massage oils, creams, and DIY recipes
- ॐ **5%-10% dilution** (30-60 drops of essential oil per 1 ounce of carrier oil) – more for acute conditions like infections. Don't use for more than a week at a time
- ॐ **25% dilution** (150 drops of essential oils per 1 ounce of carrier) – for one-time application like wart removal, scrapes, cuts, and other wounds.
- ॐ **50% dilution** (1:1 ratio of carrier to essential oils) – not recommended unless under the supervision of a trained professional.

The standard eo bottle is 15 mL which is a 1/2 ounce or 1 tablespoon

Roller bottles are 10 mL = 2 teaspoons or 1/3 ounce

Small eo bottles are 1 dram or about 5 mL which is 1 teaspoon or about 1/6 oz.

Dilutions - how to create a dilution:

Creating a 2-3% dilution is considered safe by most experts: (there are 600 drops of oil in an ounce)

- 1% dilution: 6 drops of EO per oz of carrier oil (1% of 600 drops is 6)
- 2% dilution: 12 drops of EO per oz of carrier oil (2% of 600 drops is 12)
- 3% dilution: 18 drops of EO per oz of carrier oil (3% of 600 drops is 18)

If working with tablespoons are more comfortable for you, 1 oz. = 2 tablespoons. So, there are 300 drops of EO in a tablespoon.

- 1% dilution: 3 drops of EO per tablespoon of carrier oil (1% of 300 drops is 3)
- 2% dilution: 6 drops of EO per tablespoon of carrier oil (2% of 300 drops is 6)
- 3% dilution: 9 drops of EO per tablespoon of carrier oil (3% of 300 drops is 9)

My favorite carrier oils are: Jojoba, coconut, kukui nut, sesame oil, shea butter, hemp seed oil, grapeseed oil, castor oil, cocoa butter, mango butter, and there are many more.

THE TESTER



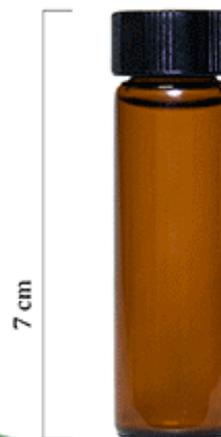
BOTTLE SIZE: DRAM
VOLUME: .94 ML
HEIGHT: 4.5 CM
ABOUT 20 DROPS

THE DRAM



BOTTLE SIZE: DRAM
VOLUME: 3.75 ML
HEIGHT: 4.5 CM
ABOUT 94 DROPS

THE 1/2 OZ



BOTTLE SIZE: 1/2 OZ
VOLUME: 15 ML
HEIGHT: 7 CM
ABOUT 300 DROPS