



AROMATICS CANADA- TIP SHEET

HOW TO DILUTE ESSENTIAL OILS

*To avoid and lower your chances of negative side effects while using essential oils, it is best to dilute them first.
In most cases and applications, a little goes a long way in Essential oils.*

For 0.25% dilution: 1 drop of Essential oil should be diluted with 20ml (roughly 4 tspn) of Carrier oil.

For 0.50% dilution: 1 drop of Essential oil should be diluted with 10ml (roughly 2 tspn) of Carrier oil.

For 1% dilution: 1 drop of Essential oil should be diluted with 5ml (roughly 1 tspn) of Carrier oil.

For 1% dilution: 1 drop of Essential oil should be diluted with 5ml (roughly 1 tspn) of Carrier oil.

For 2% dilution: 2 drops of Essential oil should be diluted with 5ml (roughly 1 tspn) of Carrier oil.

For 5% dilution: 2 drops of Essential oil should be diluted with 5ml (roughly 1 tspn) of Carrier oil.

For 10% dilution: 2 drops of Essential oil should be diluted with 5ml (roughly 1 tspn) of Carrier oil.

MEASUREMENT CHART

5ml = 1tspn = 1/6oz = 100 drops

10ml = 2tspn = 1/3oz = 200 drops

15ml = 3tspn = 1/2oz = 300 drops

20ml = 4tspn = 2/3oz = 400 drops

25ml = 5tspn = 5/6oz = 500 drops

30ml = 6tspn = 1oz = 600 drops

EXTRA DILUTION

Some Essential oils may require more dilution to prevent adverse effects such as irritation, photo toxicity and sensitization. Below is a list of most commonly used essential oils that may need more dilution. There are many others that are not covered in this list. Some of the oils may still not be the best choice even after extra dilution. It depends on individual's condition and sensitivities.

Always check with your doctor at the first sign of irritation and discontinue use right away.