

DILUTION CHART

	10ML	30ML	50ML	100ML
OLDER ADULTS OR THOSE WITH HEALTH COMPLICATIONS				
80 and over or Compromised health 0.2-1.25%	1	1 - 2	2 - 12	4 - 25
60 to 80 1.25-2.5%	2 - 5	7 - 15	12 - 25	25 - 50
ADULTS				
Healthy Adult 2.5%	5	15	25	50
Localized treatment for short term use 4-10%	8 - 20	24 - 60	40 - 100	80 - 200
Face	2	6	10	20
Pregnancy 1%	2	6	10	20
CHILDREN				
12 and over 2.5%	5	15	25	50
6 to 12 1%	2	6	10	20
2 to 6 0.25%		1 - 2	2 - 3	5
0 to 2	AVOID USING ESSENTIAL OILS ON INFANTS			