

POTIONS

TIMELESS AYURVEDIC RITUALS

Essential Oil Dilution Chart

This chart shows you the amount of dilution for every ml of Carrier Oil

	10ml	30ml	60ml	120ml	240ml
0.5%	1	3	6	12	24
1%	2	6	12	24	48
2%	4	12	24	48	96
3%	6	18	36	72	144
5%	10	30	60	120	240

Topical

Never use an essential oil undiluted. We do not recommend using a percentage above 5% for topical use.

This is merely a guide, percentages may vary according to essential oil and the application. Always pay close attention to the contraindications of any essential oil you use in a blend and check the safety guidelines regarding its usage.

Caution

Please note that these dilutions are for adults over 18 only. Please talk to your health practitioner before using essential oils with children and teens, or when pregnant or nursing.

Do a patch test before using, especially if you have sensitive skin.

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