

# *Quick Dilution Guidelines*

## **IN A CARRIER OIL OR LOTION**

**1% dilution:** 5-6 total drops of essential oil in each ounce of carrier oil or cream. This dilution is used for kids, older folks, chronically ill persons, and pregnant women.

**2% dilution:** 10-12 total drops of essential oils in each ounce of carrier oil or cream. This dilution is used for the average adult and daily or long-term use of the product.

**3% dilution:** 15-18 total drops of essential oil in each ounce of carrier oil or cream. This dilution is used for specific illnesses or for acute injury. Blends made at this dilution are used for a week or two, for an acute situation.

## **IN AN INHALER**

15-18 drops of essential oil on a smaller cotton wick.

18-21 drops of essential oil on a larger cotton wick.

## **IN A BATH**

**Salts:** Add the essential oils into a bath salt. Add 8-10 drops total of essential oil to each ounce of salt. Use 1 tablespoon of that blended salt in a full bath.

**Milk:** Add 3-4 total drops of essential oil to a cup of milk. Add the milk to your full bath.

**Jjoba oil:** Add 3-4 drops of essential oil to a tablespoon of Jojoba oil and add to your full bath.

## **IN A DIFFUSER**

4-6 drops in a small diffuser.

8-10 drops in a larger diffuser.

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