



THISTLE FARMS™

RULES OF THUMB FOR DILUTING OILS

ESSENTIAL OIL DILUTION CHART FOR TOPICAL USE			
DILUTION	DROPS OF ESSENTIAL OIL		
	1%*	2%	3%
1 tsp (5 ml) carrier oil	1.5	3	4.5
2 tsp (10 ml) carrier oil	3	6	9
3 tsp (15 ml) carrier oil	4.5	9	13.5
4 tsp (20 ml) carrier oil	6	12	18
5 tsp (25 ml) carrier oil	7.5	15	22.5
6 tsp (30 ml) carrier oil	9	18	27

*Children 3mo to 2yrs should not exceed more than 1% dilution.

SUGGESTED CARRIER OILS:

- + Olive Oil
- + Sweet Almond Oil
- + Shea Butter
- + Unscented lotion
- + Unscented balm
- + Coconut Oil
- + Jojoba Oil
- + Moringa Oil
- + Argan Oil
- + Grapeseed Oil

Thistle Farms Healing Oils are diluted by a rate of 3%. Carrier oils used are Jojoba Oil and Coconut Oil. Shop our oil collection here: thistlefarms.org/collections/oils