

Digestive Blend #1

Dilution Ratios

As a general rule, children and elderly are more sensitive to essential oils; therefore, they do not need the same essential oil concentration level a healthy adult would use. Please use the dilution ratios below as a best practices guideline:

Appropriate Dilution

1%

- Children
- Elderly
- Expectant mothers

2%

- Topical, whole body lotions and oils

4%

- For concentrated massage oil (local areas)

Carrier Volume	1%	2%	4%
1/2 oz (1-T)	3 drops	6 drops	12 drops
1 oz (2-T)	6 drops	12 drops	24 drops
2 oz (4 T)	12 drops	24 drops	48 drops
4 oz (1/2 cups)	24 drops	48 drops	96 drops
8 oz (1 cup)	48 drops	96 drops	192 drops
16 oz (2 cups)	96 drops	192 drops	384 drops

Conversion Table

1 drop = approximately 60 mg

1 ml = 1/5 teaspoon

1 ml = approximately 16 drops

1 ml = fills one 00 capsule

5 ml = 1 teaspoon

5 ml = approximately 80 drops

15 ml = 1 tablespoon

15 ml = 1/2 fluid ounce

15 ml = approximately 240 drops

30 ml = 1 fluid ounce

240 ml = 1 fluid ounce

240 ml – 1 cup (depends on product)

28 grams – 1 ounce

Pain Free Body Oil