

# 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