

# oh lardy's Essential Oil Dilution Guidelines

**1% dilution** would be used on children under age 6, pregnant women, elderly adults, those with sensitive skin or compromised immune system or other serious health issues, and when you are massaging over a large area of the body.

**2% dilution** would be used for most adults and most situations. This is also a good dilution for basic skin care issues and for daily use.

**3-10% dilution** is best for short-term use for a temporary health issue, such as a muscle injury or respiratory congestion. Up to 10% dilution is fine, depending on the health concern, the age of the person, and the oils being used.

**25% dilution** is occasionally warranted for a muscle cramp, bad bruising, or severe pain.

Using oils **neat** (undiluted) should only be done if absolutely necessary, as some individuals can experience irritation or sensitivity when some oils are used neat. Lavender is one of the few essential oils that can be used neat, when needed, but only for short-term use. A bug bite, burn, or wound, might be a good reason to use Lavender neat.

Dilution	1%	2%	3%	5%	10%	25%
Drops of EO per 1 tsp of carrier oil	1	2	3	5	10	25
Drops of EO per 2 tsp of carrier oil	2	4	6	10	20	50
Drops of EO per 3 tsp of carrier oil	3	6	9	15	30	75
Drops of EO per 4 tsp of carrier oil	4	8	12	20	40	100
Drops of EO per 5 tsp of carrier oil	5	10	15	25	50	125
Drops of EO per 6 tsp of carrier oil	6	12	18	30	60	150

## Essential Oil Measurement Equivalents

100 drops = 1 tsp = 5ml = 1/6 ounce  
200 drops = 2 tsp = 10ml = 1/3 ounce  
300 drops = 3 tsp = 15ml = 1/2 ounce  
400 drops = 4 tsp = 20ml = 2/3 ounce  
500 drops = 5 tsp = 25ml = 5/6 ounce  
600 drops = 6 tsp = 30ml = 1 ounce