




Dilution Guide

ALL RECOMMENDATIONS REFERENCE THE USE OF A 10 ML ROLLER BOTTLE OR 2 TSP OF CARRIER OIL.

During Pregnancy Use the Same Guidelines for Child/Elderly




Baby



.5%	1 
1%	3 
2%	6 





Child/Elderly



3%	9 
4%	12 
5%	15 



Adult



5%	15 
10%	30 
25%	1:3 
50%	1:1 

Dogs



1%	3 
2%	6 

*Dilute more for animals under 10 lbs. Before using oils topically on your pets, first consult with your veterinarian.

To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute more.