

DILUTION GUIDELINES

for Essential Oils

1ml of essential oil = approx. 20 drops

CARRIER OIL ML

240ml	24	48	96	144	240
120ml	12	24	48	72	120
60ml	6	12	24	36	60
30ml	3	6	12	18	30
10ml	1	2	4	6	10
	0.5%	1%	2%	3%	5%
	DILUTION %				

" The dilution data provided are estimates depending on the essential oils used. "