

## Dilution of essential oils

Revision date: 23-JAN-2024

Approved by: Dr. Patty Ranaivo

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### 1.0 Purpose & Scope

The purpose of this document is to provide instructions on how to dilute essential oils (EOs) at various percentage levels.

Note that these instructions are intended as a reference and can adjusted, improved, adapted, or even disregarded based on your personal preferences and judgment.

### 2.0 Associated documents

Check Makaaina website ([www.makaaina.com/library](http://www.makaaina.com/library)) for any other documents that can be associated with this current document.

### 3.0 Abbreviations

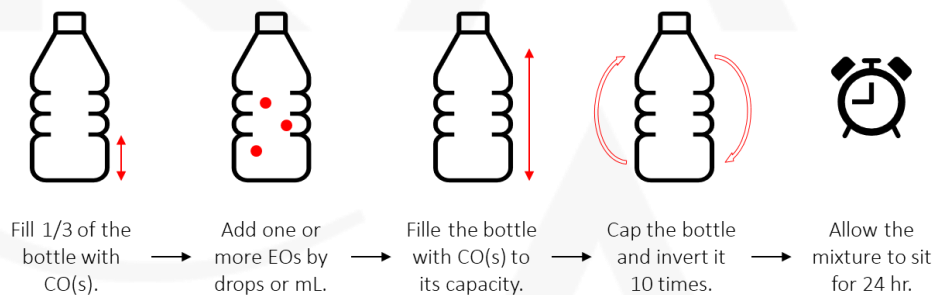
- 3.1 CO: carrier oil
- 3.2 EO: essential oil
- 3.3 FDA: US Food and Drug Administration
- 3.4 hr: hour
- 3.5 mL: milliliter
- 3.6 oz: US fluid ounce
- 3.7 tbsp: tablespoon
- 3.8 tsp: teaspoon
- 3.9 oz: US fluid ounce

### 4.0 Dilution Procedure

Check the dilution table for guidance.

Use an amber bottle if available.

- 4.1 Fill one-third (1/3) of the bottle with a carrier oil (CO) or a combination of carrier oils of your choice.
- 4.2 Add one or more EOs, either by counting drops or measuring in milliliters (mL).
- 4.3 Fill the bottle with the CO(s) up to its designated capacity level, matching the bottle's volume.
- 4.4 Cap the bottle and invert it 10 times.
- 4.5 Allow the mixture to sit undisturbed for 24 hours before using it.



**Note:** For 1% dilution, add 20 drops of essential oil(s) or 1 mL of essential oil(s) to a total volume of 100 mL.

- It's important to understand that the ratio of 20 drops per 1 mL may not apply universally to all essential oils. This ratio is a general default and an acceptable guideline. For accurate, consistent, and reliable measurements when diluting essential oils, it's recommended to use metric volume, such as milliliters (mL).

**FDA allowable use statement:** These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease.



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5.0 Dilution Table

%EO	0.1%	0.1%	1%	1%	5%	5%	10%	10%	25%	25%
Bottle	Drop	mL	Drop	mL	Drop	mL	Drop	mL	Drop	mL
5 mL (tsp)	-	0.01	1	0.05	5	0.25	10	0.50	25	1.25
10 mL	-	0.01	2	0.10	10	0.50	20	1	50	2.5
15 mL (tbsp)	-	0.02	3	0.15	15	0.75	30	1.5	75	3.75
30 mL	-	0.03	6	0.30	30	1.50	60	3	150	7.5
50 mL	1	0.05	10	0.50	50	2.50	100	5	250	12.5
2 oz	1	0.06	12	0.59	59	2.96	118	5.9	296	14.8
100 mL	2	0.10	20	1	100	5	200	10	500	25

To keep in mind:

- This table is based on the ratio of 20 drops per 1 mL.
- 1 teaspoon is approximately 5 mL.
- 1 tablespoon is approximately 15 mL.
- 1 US fluid oz is 29.6 mL.
- 2 US fluid oz is 59.1 mL.

6.0 General Safety and Caution Information

Essential oils are powerful plant oils that can be beneficial but must be used safely. Always prioritize safety and consider seeking professional advice when in doubt. Here are some important rules to follow:

- Before using any new essential oil, always do a patch test by putting one or two drops on the inside of the wrist or elbow for 24 hours to see if irritation or reaction occurs.
- Never put essential oils directly on wounds, sensitive areas of the body, eyes, or ear canals.
- Avoid going out in the sun after using certain essential oils, as they can make the skin sensitive.
- Essential oils have substances that some people may be allergic to, so caution shall be exercised.
- Control the amount of essential oil put on the skin by diluting it.
- Essential oils are mainly meant for adults, not infants, children, pregnant women, people with health conditions, or people under prescription medications.
- For people with lung, liver problems, or asthma, seek professional advice before using essential oils.
- It's important not to use essential oils for a long time without talking to a health provider.

We recommend not taking our essential oils internally.

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