

ESSENTIAL OIL

DILUTIONS
FOR HEALTHY
ADULTS



WHY DILUTIONS MATTER



Dilution helps reduce the risk of reactions on the skin



The amount of essential oil used will depend on why you're making the blend



Different quantities may give different results

On the Skin



➤ Healthy adults

2% dilution is standard

A higher dilution can be used for smaller areas but speak to an aromatherapist

➤ What it means

5ml base – 1 drop
10ml base – 4 drops
15ml base – 6 drops
20ml base – 8 drops
25ml base – 10 drops
30ml base – 12 drops
50ml base – 20 drops



Inhaling



➤ Healthy adults

Neat oils

Can be diluted in water for diffusers or steam inhalation

➤ What it means

Diffuser – follow instructions

Nasal inhaler – at least 4 drops

Tissue – 2–3 drops

Steam inhalation – 4 drops to a bowl of water



PSYCHOLOGICAL EFFECTS



Less is more

1 or 2 drops is enough
to help calm, work with
anxiety, etc



Even if you can only
smell an aroma slightly,
it still works for the
psyche



Essential oil
components are small
enough to pass
blood/brain barrier