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Essential Oil Dilutions

Full Body Massage

It is recommended for a full body massage to use lower dilution as there is a greater absorption over a larger area.

Localised Area

When massaging a local area such as back of legs only, you can use slightly higher dilutions may be appropriate. As you are only massaging a smaller area and lower amounts of the essential oils are being absorbed through the skin.

Facial Massage Oil

It is recommended that you use lower dilution, as the skin on the face can be more sensitive and aroma can be overpowering to the nose.

Prolonged Use of Essential Oils

Consider the essential oil that you are using and frequently of application as certain oils, it is recommended to be used in moderation such as Fennel and Juniper.

Blending Essential Oils

When blending the oils balance is important. To achieve this are points to help you.

- a) Oils must be blended to suit the individual needs of that particular person.
- b) Check whether the essential oil you have chosen does not have any contra-indications.
- c) The smell of the oil or blend is important. It doesn't matter how good certain oils are if that person doesn't like that smell, you will find it will have the opposite effect to what you are trying to achieve.
- d) By incorporating all three notes (Top, middle, base), it helps you achieve this balance, but it is not essential.
- e) Make up small amounts of blends in 20 to 30 mLs. Label – Date – what oils and how many drops and how much carrier oil.
- f) A blend can have the combination of several essential oils, but three essential oils can enhance each other whereas too many can have the opposite effect.

Essential Oil Dilution Chart

Adult

General rule 2% - 10 mL = 4 drops of essential oil

Low Dilution		Maxi Dilution		Carrier Oils
Number of drops	Dilution%	Number of drops	Dilution %	amount
2	2%	5	5%	5 mL
4	2%	10	5%	10 mL
6	2%	15	5%	15 mL
8	2%	20	5%	20 mL
10	2%	25	5%	25 mL
20	2%	50	5%	50 mL
40	2%	100	5%	100 mL

Elderly, Pregnant Women, Children (7 to 12 years)

General Rule 1% 10 mL = 2 drops of essential oil

Low Dilution		Maxi Dilution		Carrier Oils
Number of drops	Dilution%	Number of drops	Dilution %	amount
1	1%	2	2%	5 mL
2	1%	4	2%	10 mL
3	1%	6	2%	15 mL
4	1%	8	2%	20 mL
5	1%	10	2%	25 mL
10	1%	20	2%	50 mL
20	1%	40	2%	100 mL

Babies and Infants

Age	Number of drops	Dilution	Carrier Oil
Birth to 8 weeks	Nil	Nil	Sweet Almond Oil
8 weeks to 2 years	1	0.5%	10 mL Sweet Almond
2 years to 6 years	1	0.5%	10 mL Sweet Almond