

How to Properly Dilute Essential Oils for Topical Application

When using essential oils on the skin, almost all of them require dilution in another carrier oil. If your recipe calls for a certain percentage, use the memory tool “1-2-3” to help you figure out how many drops you'll need:

**a 1% dilution is
2 teaspoons carrier oil with
3 drops of essential oil**

To help in multiplying and measuring, remember that **1 Tbs. = 3 tsp.**

Only manipulate two values at a time – the percentage and the # of drops OR the carrier oil and # of drops. Look at the 1% line to make the math easier, the darkest on the table below.

- *For example, a 2% dilution would double the EO only: 2% = 2 tsp. carrier + 6 drops EO.*
- *To increase the amount, multiply the carrier and EO equally, like this: 1% dilution = 2 Tbs. carrier oil (6 tsp.) + 9 drops EO. Both the carrier and EO are multiplied by 3.*

If the recipe or guide you're referring to doesn't include a percentage dilution but only, “dilute in a carrier oil,” you can use the chart below to adjust for age group. I recommend clipping out the chart and taping it to the cupboard door where you keep your oils for easy reference.

Essential Oil Dilution Chart

Age	Percent Dilution	Amount of Carrier Oil	Drops of Essential Oil
0-3 mo.*	0.10%	2 Tbs.	1 drop
3-24 mo.	0.25%	2 Tbs.	2 drops
2-6 years	1%	2 tsp.	3 drops
	1%	1 Tbs.	4-5 drops
6-15 years	1.5%	2 tsp.	4-5 drops
	1.5%	1 Tbs.	about 7 drops
15+ (adult)	2.5%	2 tsp.	7-8 drops
	2.5%	1 Tbs.	11 drops

Note: all amounts CAN go up to double the measurement if necessary, especially for targeted applications like the bottom of the feet (i.e. one area rather than a full body application like a massage)

**EOs are not recommended for premature infants.*

Adapted from [Plant Therapy's essential oil dilution chart](#), which is adapted from Robert Tisserand and Rodney Young's book, [Essential Oil Safety](#).

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