

# DIY DILUTION GUIDE:

## Measured in Ounces and Tablespoons



When making DIY products for therapeutic purposes, the following dilution guidelines are the recommended aromatherapy standard:

**Note:** There are 2 tablespoons in 1 ounce. So, if working with tablespoons are more comfortable for you, please use that chart.

OUNCES		TABLESPOON	
Infants & Children		Infants & Children	
Adults		Adults	
0.5%	3 drops of EO <sup>s</sup> per ounce of carrier	0.5%	1.5 drops of EO <sup>s</sup> per Tbsp of carrier
1%	6 drops of EO <sup>s</sup> per ounce of carrier	1%	3 drops of EO <sup>s</sup> per Tbsp of carrier
2%	12 drops of EO <sup>s</sup> per ounce of carrier	2%	6 drops of EO <sup>s</sup> per Tbsp of carrier
3%	18 drops of EO <sup>s</sup> per ounce of carrier	3%	9 drops of EO <sup>s</sup> per Tbsp of carrier
5%	30 drops of EO <sup>s</sup> per ounce of carrier	5%	15 drops of EO <sup>s</sup> per Tbsp of carrier
10%	60 drops of EO <sup>s</sup> per ounce of carrier	10%	30 drops of EO <sup>s</sup> per Tbsp of carrier