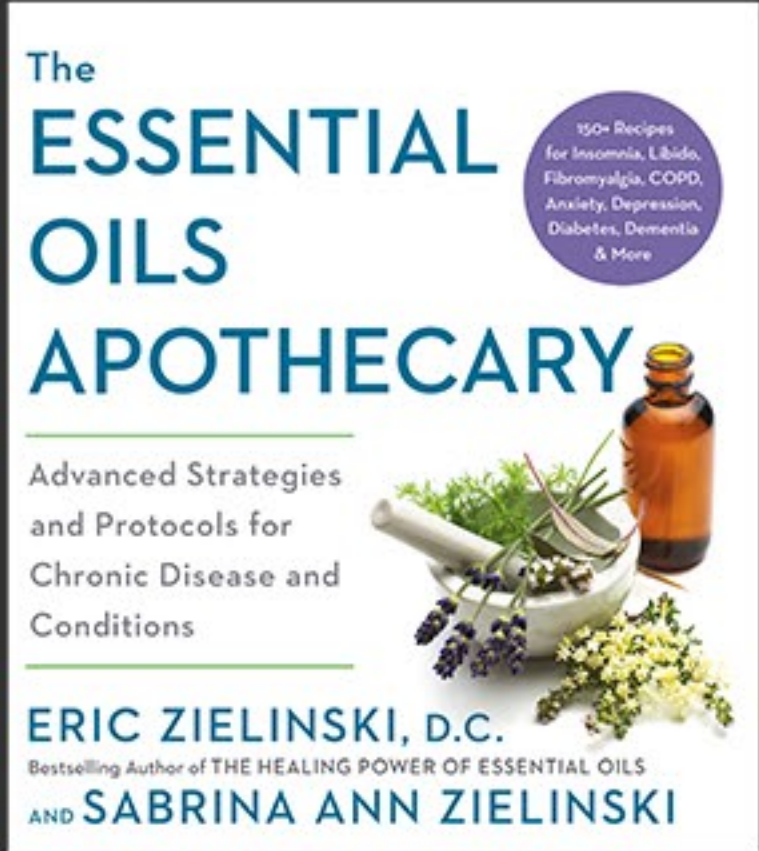


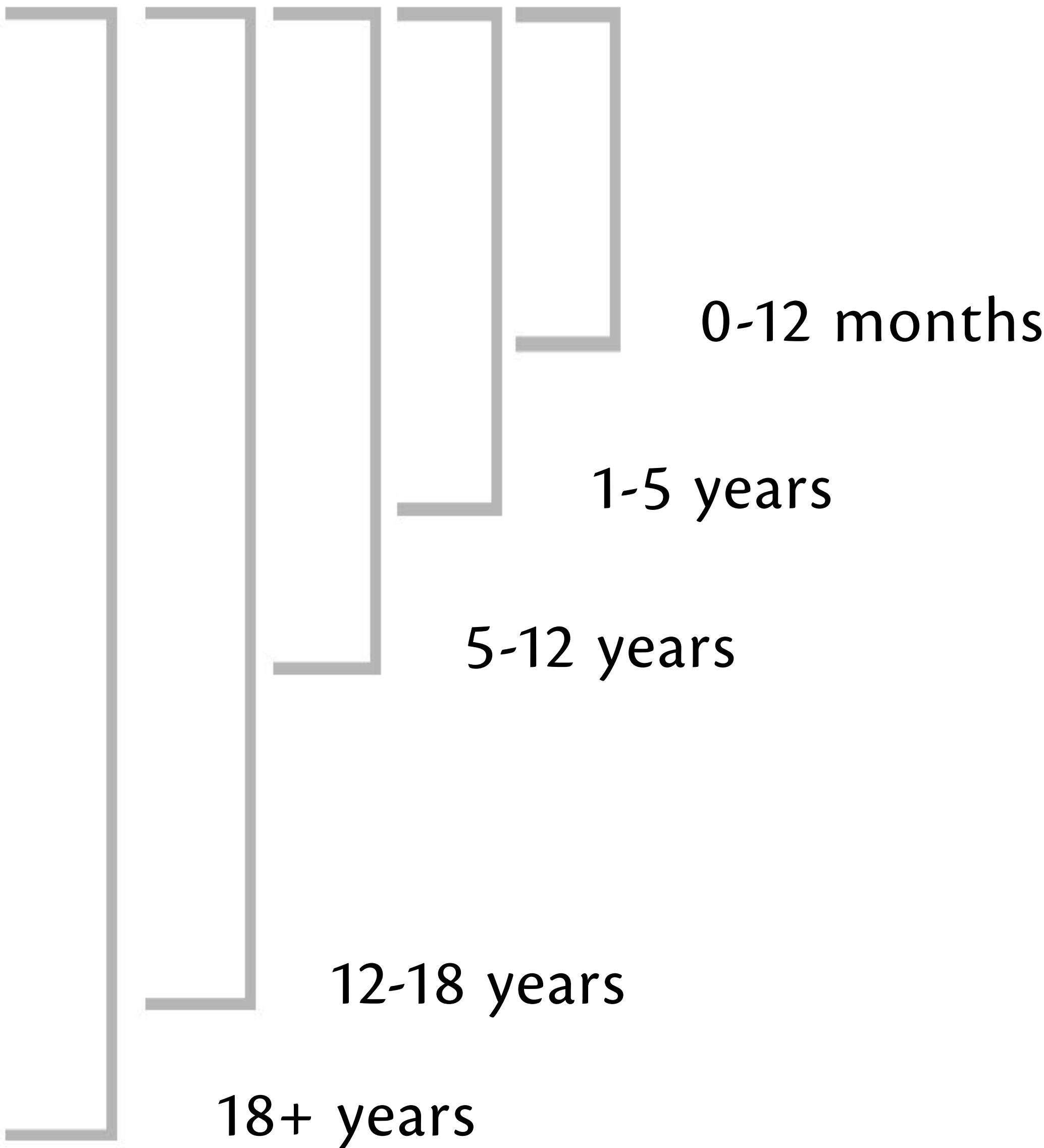
ROLLER BOTTLE GUIDE:

Dilution Based on Age and %

As Featured In...
The **ESSENTIAL OILS**
APOTHECARY



	5 ml bottle (1 tsp carrier oil)	10 ml bottle (2 tsp carrier oil)
0.5%	less than a drop	1 drop
1%	1.5 drops	3 drops
2%	3 drops	6 drops
3%	4.5 drops	9 drops
4%	6 drops	12 drops
5%	7.5 drops	15 drops
10%	15 drops	30 drops



- 💧 Good carrier oils for roller bottles are fractionated coconut, jojoba and almond.
- 💧 Always do a skin “patch” test before using new essential oils.
- 💧 Start by using the lowest concentration and add more essential oils as needed.
- 💧 2-3% is the standard adult dilution.
- 💧 0.5% - 1% for sensitive skin & application on sensitive areas like face and underarms.
- 💧 3%+ is for acute, short term application like migranes and muscle soreness. Not to exceed 25%.
- 💧 Remember, a little goes a long way. The more carrier oil you use the lower the risk of irritation and sensitization.