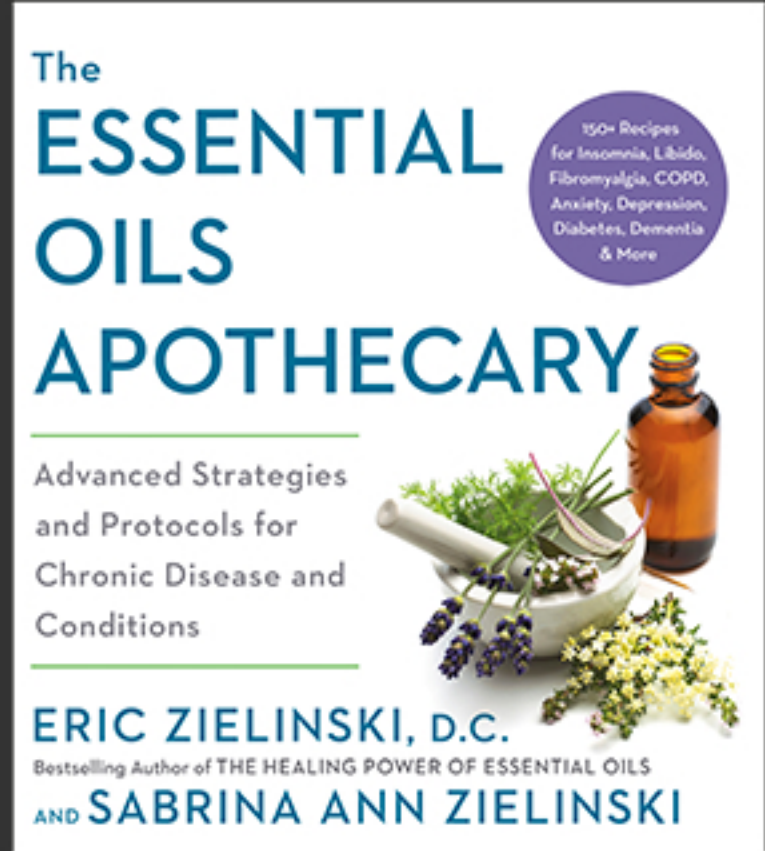


DIY DILUTION GUIDE:

Measured in Ounces and Tablespoons

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The **ESSENTIAL OILS**
APOTHECARY



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	
Infants & Children	
0.5%	3 drops of EOs per ounce of carrier
1%	6 drops of EOs per ounce of carrier
Adults	
2%	12 drops of EOs per ounce of carrier
3%	18 drops of EOs per ounce of carrier
5%	30 drops of EOs per ounce of carrier
10%	60 drops of EOs per ounce of carrier

TABLESPOON	
Infants & Children	
0.5%	1.5 drops of EOs per Tbsp of carrier
1%	3 drops of EOs per Tbsp of carrier
Adults	
2%	6 drops of EOs per Tbsp of carrier
3%	9 drops of EOs per Tbsp of carrier
5%	15 drops of EOs per Tbsp of carrier
10%	30 drops of EOs per Tbsp of carrier