

Essential Oil Safety Guidelines & Recommendations

Safety Dilution Recommendations

- Babies 0 - 3 months: never use more than 0.2% dilution. Roughly 1 drop of essential oil in 20-30ml of carrier oil. Recommended essential oils include lavender or mandarin only.
- Babies 3 - 24 months: never use more than 0.5% dilution - 1 drop of essential oil in 10 of carrier oil.
- Children 2 - 6 years: never use more than 2% dilution - 6 drops of essential oil in 10ml of carrier oil. Recommended essential oils include lavender, tea tree, geranium, and mandarin.
- Young children 6 - 15 years: never use more than 3% dilution - 9 drops of essential oil in 10ml of carrier oil.
- 15 years +: never use more than 5% dilution - 15 drops of essential oil in 10ml of carrier oil.
- Aged 80 years +: never use undiluted essential oil on skin. In the case of lavender this rule can be relaxed. Use the 1% ratio of essential oils in carrier oils as a rule of thumb for dosages – 4 drops of essential oil to 20 ml of carrier oil, 6 drops in vapourisers.



Dilution Guidelines for Essential Oils

Dilution	Drops			
0.5 %	1	3	7	14
1 %	3	6	15	30
2 %	6	12	30	60
3 %	9	18	45	90
5 %	15	30	75	150
Volume (ml)	10 ml	20 ml	50 ml	100 ml

