

Cedarwood Oil Dilution and Pet Safety Chart

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1. Know your cedarwood

Sold as	Latin name	True cedar?	Note
Atlas	Cedrus atlantica	Yes	Tree listed Endangered (IUCN). Ask about sourcing.
Himalayan	Cedrus deodara	Yes	Sanskrit devadaru, "wood of the gods"
Virginian	Juniperus virginiana	No, juniper	Largely a wood by-product in the US
Texas	Juniperus ashei	No, juniper	Highest in cedrol
Chinese	Cupressus funebris	No, cypress	Lower in cedrol
NOT cedarwood: cedar leaf	Thuja occidentalis (leaf)	No	High in thujone. A different, riskier oil.

2. Dilution chart (drops of essential oil per bottle of carrier oil)

Dilution	10 ml	15 ml	30 ml (1 oz)	50 ml
0.5%	1	2	4	7
1%	3	4	9	15
2%	6	9	18	30
3%	9	13	27	45

Rounded to whole drops. For blends, count all oils together. A value on this chart is not automatically safe for every oil or person. Children need much lower dilutions: ask a professional first.

3. Patch test (before regular use)

☐ Apply a small amount of the diluted blend to the inner forearm	☐ Cover and wait 24 to 48 hours
☐ Redness, itching or swelling? Do not use it. Wash the area with soap and water.	

4. Pet-safe diffusing checklist (based on ASPCA guidance)

☐ Never apply oils to fur, skin or paws	☐ Diffuser out of reach, where it cannot be knocked over
☐ Short sessions, well-ventilated room, door open so pets can leave	
☐ No diffusing around birds; extra caution with rabbits, guinea pigs and hamsters	
☐ Pet with breathing problems? Skip the diffuser. Exposure? Call your vet or ASPCA Poison Control: (888) 426-4435	

5. Hard rules

Never swallow essential oils. Never put them in eyes (flush with water and get help). Keep bottles away from children and flames.
Pregnant, breastfeeding, asthma or a skin condition? Talk to your doctor or midwife first. US Poison Control: 1-800-222-1222.

6. Bottle log

Oil and Latin name	Supplier	Date opened	Replace by / notes

Research on cedarwood oil is limited: a short cedrol inhalation study in 26 adults and one small 1998 blend trial. It is not a treatment for any illness. This chart contains no treatment claims or doses for illness.