

Clove Bud Oil Dilution and Safety Chart

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Poison emergency: clove oil is toxic if swallowed, especially for children (serious harm reported from 5 to 10 mL). Call Poison Control 1-800-222-1222 (US) or your local emergency number. Do not induce vomiting.

1. Maximum on skin: 0.5% (Tisserand and Young, Essential Oil Safety, 2nd ed.)

Carrier oil	Clove bud oil	Note
10 mL (2 tsp)	1 drop	Smallest batch to measure accurately
30 mL (1 fl oz)	3 drops	Typical roller or massage blend
50 mL	5 drops	Shake before each use
100 mL	10 drops	Label with date and "0.5% clove"

Assumes about 20 drops per mL; droppers vary. Carriers: jojoba, sweet almond or fractionated coconut oil. Clove leaf and stem oils follow the same limit.

2. Patch test before first use

☐ Mix your 0.5% blend ☐ Apply a small amount to the inner forearm ☐ Cover and wait 24 hours
☐ Redness, itching, burning or bumps? Wash with soap and water and do not use the blend.

3. Who should avoid clove bud oil

Who	Guidance
Babies and children under 2	Avoid entirely. Never use for teething.
Children and teens	No toothache use; ask a doctor about any use (EMA: not under 18 medicinally).
Pregnant or breastfeeding	Avoid medicinal use; safety not established (EMA).
Blood thinners, bleeding disorders, upcoming surgery	Ask a doctor first; eugenol can slow clotting.
Fragrance or Peru balsam allergy; damaged skin	Avoid.

4. Pets

Cats: cannot break down phenols such as eugenol. Do not diffuse clove oil where cats live, never apply it to them, and store it out of reach.

Signs of exposure: drooling, vomiting, wobbliness, tremors, breathing trouble, seizures. Go to a vet immediately and bring the bottle.

5. Toothache? Clove is only a stopgap

See a dentist for pain over 2 days, fever, a swollen cheek or jaw, red gums or a bad taste. Get emergency help for swelling around the eye or neck, or trouble breathing, swallowing or speaking (NHS).

6. Blend labels (cut out)

CLOVE BLEND 0.5% Made: _____ Carrier: _____ External use only. Keep away from children and pets.	CLOVE BLEND 0.5% Made: _____ Carrier: _____ External use only. Keep away from children and pets.	CLOVE BLEND 0.5% Made: _____ Carrier: _____ External use only. Keep away from children and pets.
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Sources: Tisserand Institute; Vanderbilt Tennessee Poison Center; European Medicines Agency; Canadian Veterinary Medical Association; NHS. Never swallow essential oils.