

Essential Oil Dilution and Safety Chart

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Poison emergency: Poison Help (US) **1-800-222-1222** · ASPCA Animal Poison Control **(888) 426-4435** · Emergency services for drowsiness, choking, breathing trouble or seizures.

1. Dilution table (adults)

Dilution	5 ml (1 tsp)	10 ml	30 ml (1 fl oz)	Typical use
0.5%	less than 1 drop	1 drop	3 drops	Face, sensitive skin
1%	1 drop	2 drops	6 drops	Daily use, wrists, neck, ritual anointing
2%	2 drops	4 drops	12 drops	Body oil or massage
3%	3 drops	6 drops	18 drops	Short-term use on small areas

Based on the Mayo Clinic example: 1% = about 1 drop per teaspoon (5 ml) of carrier oil. Drop sizes vary, so treat as approximate. Mayo notes 1% to 5% does not typically pose a concern for adults; skin-reaction risk rises with strength. Never apply undiluted.

2. Oils with special limits or warnings

Oil	Limit or warning	Why
Clove bud	Max 0.5% on skin	Skin allergy risk (Tisserand)
Lemongrass, cinnamon bark	Use low dilutions	More likely to cause skin reactions (Tisserand)
Lemon (cold-pressed)	Max 2% on sun-exposed skin	Phototoxic: burns or dark patches (Tisserand)
Grapefruit (cold-pressed)	Max 4% on sun-exposed skin	Phototoxic (Tisserand)
Bergamot (cold-pressed)	Choose FCF / bergapten-free for skin	Well-known phototoxic oil
Lavender, tea tree	Avoid repeated skin use on young boys	Hormone-like effects (NCI; NEJM 2007)
Camphor, wintergreen, eucalyptus	Never swallow; keep from children	Serious poisonings at small amounts (Tennessee Poison Center)

3. Children, pregnancy and health conditions

- ☐ All oils stored out of reach, with child-resistant caps
- ☐ No birch, wintergreen or peppermint with young children (Mayo Clinic). Ask a child's doctor before any skin use.
- ☐ Pregnant, breastfeeding, epilepsy, asthma or prescription medicines? Ask a doctor first (Tisserand).

4. Pets (ASPCA)

- ☐ No oils applied to pets or given by mouth ☐ No diffusers in homes with birds
 - ☐ Diffuser out of reach; pets can leave the room. Cats, rabbits, guinea pigs and hamsters are extra sensitive.
- Warning signs: drooling, vomiting, wobbliness, weakness, breathing trouble, seizures. Tea tree and pennyroyal are of special concern.

5. Everyday use

- Diffuse 30-60 minutes on, then 30-60 minutes off, with fresh air (Tisserand). Keep oils away from flames.
- Do not add drops straight to a bath; mix into a suitable base first. Patch test new blends. Store bottles cool, dark and closed.

6. Sustainable buying checklist

- ☐ Latin botanical name on the label ☐ Country of origin and harvest method stated
- ☐ Frankincense and Indian sandalwood (IUCN Vulnerable): traceable or plantation-grown ☐ Palo santo: fallen wood only
- ☐ Realistic price (cheap rose or sandalwood is often diluted) ☐ Dark glass bottle, dropper cap, batch number

No essential oil is approved to treat any disease. This chart contains no treatment doses. For any health concern, see a doctor.