

Frankincense Oil Dilution and Safety Chart

FitInFlow.space · For everyday cosmetic and aromatic use only. Not for treating any illness. Updated October 2026.

1. Adult dilution chart (about 20 drops per ml; droppers vary)

Use	Dilution	10 ml carrier	30 ml carrier
Face or sensitive skin	0.5 to 1%	1 to 2 drops	3 to 6 drops
Body oil, daily	1 to 2%	2 to 4 drops	6 to 12 drops
Massage, occasional	2 to 3%	4 to 6 drops	12 to 18 drops
Bath	Mix in carrier first	A few drops in 1 tbsp carrier oil	

Children, pregnancy and breastfeeding: use much lower dilutions and ask a doctor, midwife or qualified aromatherapist first. See the Tisserand Institute age chart. Avoid oils on infants without professional advice.

2. Patch test before regular use

☐ 1 drop in 1 teaspoon carrier ☐ Apply to inner forearm ☐ Cover for 24 to 48 hours ☐ Redness or itching? Do not use

3. Never

☐ Swallow essential oils, or add them to water or drinks ☐ Apply undiluted (neat)

☐ Put oils on pets' skin or fur ☐ Diffuse around birds ☐ Use instead of medical care

Swallowed by accident? US Poison Control: 1-800-222-1222. Pet exposure? Your vet or ASPCA Animal Poison Control: (888) 426-4435.

4. Pets and diffusers (ASPCA)

Short sessions only (30 to 60 minutes), in a room pets can leave or cannot enter. Keep the diffuser out of reach.

No diffusing for pets with breathing problems. Watch for drooling, unsteadiness, vomiting or low energy.

5. Freshness tracker (oxidized oil is more likely to cause skin allergy)

Bottle	Species (Latin name)	Country of origin	Date opened	Use by (1 to 2 years)

Store tightly capped, cool and dark. Discard if it smells sharp, sour or "off".

6. Label checklist before you buy

☐ Latin species name (e.g. *Boswellia sacra*, *B. carterii*, *B. papyrifera*, *B. serrata*, *B. frereana*)

☐ Country of origin ☐ Batch number and test report (GC/MS) available ☐ Supplier explains how resin is sourced

Remember: frankincense essential oil contains little or no boswellic acid. Supplement research does not apply to it.

Sources: Tisserand and Young, *Essential Oil Safety* (2nd ed.); Tisserand Institute; ASPCA; NCI PDQ Aromatherapy; MSK About Herbs: *Boswellia*; Bongers et al., *Nature Sustainability* 2019.