Geranium Oil Dilution Chart and Pet Safety Card

FitInFlow.space · For information only, not medical advice. Pelargonium graveolens essential oil. Based on Tisserand Institute, ASPCA and NCI guidance. Updated October 2026.

1. Adult dilution chart (about 20 drops per mL; count ALL oils in a blend)

Dilution	5 mL (1 tsp)	10 mL	30 mL (1 oz)	Typical adult use
0.5%	—	1 drop	3 drops	Sensitive skin, face
1%	1 drop	2 drops	6 drops	Face, daily body products
2%	2 drops	4 drops	12 drops	Body massage oil
3%	3 drops	6 drops	18 drops	Short-term, small area

Never apply undiluted. Children need much lower dilutions; ask a qualified professional first.

2. Patch test before first use

[ ] Mix a 1% test blend: 1 drop of geranium oil in 1 teaspoon of carrier oil (jojoba, sweet almond).

[ ] Dab a little on the inner forearm. [ ] Wait 24 hours. [ ] Redness, itching or swelling? Wash off and do not use.

3. Inhaling and diffusing

Diffuser: about 30 to 60 minutes on, then 30 to 60 minutes off, in a ventilated room.

Steam bowl or direct inhalation: 15 to 20 minutes at most. Gentler option: a few drops on a tissue or a personal inhaler.

4. Take extra care, or ask a professional first

[ ] Pregnant or breastfeeding [ ] Babies and young children [ ] Eczema, dermatitis or fragrance allergy

[ ] Asthma [ ] Taking prescription medicines [ ] Planning sun exposure after a citrus blend

Never swallow essential oils. If a child swallows oil, call Poison Control: 1-800-222-1222 (US).

5. Pets: treat geranium oil as unsafe

ASPCA lists scented geranium (Pelargonium) as **toxic to dogs and cats**. Cats are the most sensitive. Birds are highly sensitive to airborne oils.

Warning signs: vomiting or stomach upset; in larger exposures, wobbliness, muscle weakness, depression, low body temperature.

[ ] Never apply to pets [ ] No diffusing where pets cannot leave [ ] Wash hands before touching a cat [ ] Store bottles out of reach

Exposure? Call your vet or ASPCA Animal Poison Control: (888) 426-4435 (a fee may apply).

6. Bottle tracker (old, oxidized oil is more likely to irritate skin)

Oil	Origin	Date opened	Replace by	Notes

Store cool, dark and tightly capped. Geranium oil is not proven to treat any medical condition (NCI, NCCIH). This card gives cosmetic dilution guidance only, not treatment doses.