Lavender Oil Dilution and Pet Safety Chart

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1. Dilution chart: drops of lavender oil in carrier oil (healthy adult skin)

Dilution	Per 30 ml (2 tbsp)	Per 10 ml (2 tsp)	Use for
0.5%	about 3	about 1	Face, sensitive or older skin
1%	about 6	about 2	Daily body use, large areas, bath oil
2%	about 12	about 4	Small areas of healthy adult skin
Children, pregnancy	Ask first	Ask first	Ask a pediatrician, doctor or midwife

Drop sizes vary by bottle; figures are approximate. 2% is considered low-risk for lavender on healthy adult skin (Tisserand). Patch-test on the inner arm and wait 24 hours.

2. Label check before you buy

[ ] Latin name says Lavandula angustifolia (not L. x intermedia "lavandin" or L. latifolia "spike lavender")

[ ] Country of origin and "steam distilled" listed [ ] Batch number on the bottle

[ ] Dark glass bottle with a dropper cap "Therapeutic grade" is a marketing term, not a standard.

3. Never

Never swallow essential oil. Never apply undiluted oil daily. Never put oil on a pet's skin, coat or paws.

Never diffuse around birds. Never leave bottles where children or pets can reach them.

4. Pets (ASPCA)

Lavender is listed as toxic to dogs, cats and horses (linalool, linalyl acetate). Diffuse only briefly, in a room pets can leave or cannot enter.

Warning signs: drooling, vomiting, wobbliness, lethargy, labored breathing. Call your vet or ASPCA Poison Control (888) 426-4435.

5. Check with a doctor first if you

[ ] Take sedatives, sleep medicines or anticonvulsants [ ] Have surgery coming up [ ] Are pregnant or breastfeeding

[ ] Have a hormone-sensitive cancer [ ] Want to use lavender on a young child regularly [ ] Get a rash or itching

6. Bottle log (oxidized oil irritates skin; aim to finish within about 12 months of opening)

Oil and Latin name	Supplier / batch	Date opened	Use by	Smell still fresh?

Child swallowed essential oil? US Poison Control: 1-800-222-1222. Sources: NCCIH, MSK, NCI PDQ, EMA, ASPCA, Tisserand.