Patchouli Oil Dilution Chart and Pet Safety Card

FitInFlow.space · Pogostemon cablin (Lamiaceae) · For information only, not medical advice. Updated October 2026.

1. Dilution chart (approximate, about 20 drops per mL)

Dilution	Drops per 10 mL carrier	Drops per 30 mL (1 oz)	Typical adult use
0.5%	1	3	Face, sensitive skin
1%	2	6	Face, daily body oil, older adults
2%	4	12	General body massage oil
3%	6	18	Short-term use on a small area

Children need much lower dilutions; check the Tisserand Institute children's table. Pregnant or breastfeeding: ask a doctor first.

2. Patch test before first use

[ ] Mix a 1% blend (2 drops in 10 mL carrier) [ ] Apply a small amount to the inner forearm and cover

[ ] Check over 24 to 48 hours [ ] Redness, itching, swelling or blisters? Stop, wash with soap and water

3. Golden rules

Never apply undiluted. Never swallow (Tisserand Institute). Never drip straight into a bath; mix into a dispersant first.

Diffuse 30 to 60 minutes on, then 30 to 60 minutes off, with fresh air. Taking blood thinners? Ask your doctor before regular skin use.

Swallowed by a person? US Poison Control: 1-800-222-1222. Swelling of face or throat, or trouble breathing: call emergency services.

4. Pets (ASPCA guidance)

[ ] Never apply essential oil to a pet [ ] Keep bottles and spills out of reach of paws

[ ] Diffuse briefly, only in rooms pets cannot enter [ ] No diffusers with birds, rabbits, guinea pigs or hamsters

Warning signs: unsteadiness, lethargy, low body temperature, vomiting, diarrhea.

ASPCA Animal Poison Control: (888) 426-4435, or call your vet.

5. Blending ratios (patchouli is a strong base note)

Blend	Starting ratio (drops)	Character
Patchouli + lavender	1 : 3	Soft, herbal, calm
Patchouli + sweet orange	1 : 4	Bright and cheerful
Patchouli + frankincense	1 : 2	Resinous, incense-like
Patchouli + rose	1 : 2	Rich floral-earthy

Add the total drops to carrier at the dilution chosen above. Bergamot is phototoxic on skin unless bergapten-free.

6. Buying checklist

[ ] Label shows Pogostemon cablin [ ] Country of origin and part used (leaves) [ ] Batch number

[ ] GC/MS test report available [ ] Dark glass bottle [ ] Orifice reducer and child-resistant cap

Patchouli is valued mainly as a fragrance. Claims that it treats skin conditions, infections or depression come from lab and animal studies, not proven human results.