Sweet Orange Oil Dilution and Safety Chart

FitInFlow.space · Citrus sinensis peel oil, cold-pressed · For scenting and skin care only. Not medical advice. Updated October 2026.

1. Dilution chart for adults (about 20 drops per ml; drop size varies)

Dilution	10 ml carrier	30 ml (1 oz) carrier	Typical use
0.5%	1 drop	3 drops	Sensitive skin, first tries
1%	2 drops	6 drops	Face, daily use
2%	4 drops	12 drops	General body oil
3%	6 drops	18 drops	Short-term, small areas

Count all oils in a blend together. Children: ask a pediatrician first. Never apply essential oils to babies.

2. Patch test before first use

[ ] Mix at the dilution you plan to use [ ] Apply a little to the inner forearm [ ] Cover and wait 24 hours

Redness, itching, swelling or rash? Wash it off and do not use the oil.

3. Storage and freshness log (oxidized citrus oil is a common skin sensitizer)

Refrigerate, tightly capped, in a sealed bag. Dark glass. Away from heat and light. Decant into smaller bottles as it runs low.

Aim to finish within about 1 to 2 years refrigerated, about half that if not (Tisserand). Sharp, stale or turpentine smell = keep it off skin.

Bottle / brand	Date opened	Stored in fridge?	Smell check date	Notes

4. Pets (ASPCA lists orange as toxic to dogs, cats and horses)

Never apply oils to a pet or let it lick oiled skin or surfaces. Diffuse briefly, in a room the pet can leave, door open.

Stop if a pet drools, vomits, wobbles or breathes fast. Call your vet or ASPCA Animal Poison Control: (888) 426-4435 (fee may apply).

5. Emergencies

Swallowed oil, or coughing or choking after oil got in the mouth: call Poison Control (US) 1-800-222-1222.

Trouble breathing, or a severe skin or allergic reaction: call emergency services. Keep bottles out of children's reach.

Do not swallow essential oils. Evidence for sweet orange oil is limited to small studies of the scent and mood (NCI PDQ; NCCIH). This chart contains no doses for treating any condition.