



# Essential Oil Safety & Dilution Chart

Dilution of essential oils for topical use of oils is very important for the safety of the user. The dilution ratio used depends greatly on the age of the person, the condition of their health, and the specific oil used. The chart below contains suggested ratios. Please keep in mind that newborn babies have limited liver function (since the placenta was previously doing all the work), neonatal skin does not mature until 3 months of age, and that toddlers and infants have a lower metabolic capacity and are less equipped to deal with adverse effects of improper EO use. Excessive use of EOs can cause sensitization, be sure to use the proper ratio and do not use for extended periods of time.

Some EOs can interact with prescription and over the counter drugs. Please look up contraindications of the oils you wish to use before proceeding. Some practitioners also suggest that EOs should only be used for those ages 2 and up. Do your research and make your own educated decisions for your family members.

**Carrier Oils:** To dilute EOs they should be mixed with a carrier oil. There are many options out there, here are a few of the more common options. \*Do not use a nut based oil for anyone with any nut allergies.

Sweet Almond Oil ~ Avocado Oil ~ Coconut Oil ~ Aloe Vera Oil ~ Wheat Germ Oil  
 Argan Oil ~ Jojoba Oil ~ Sunflower Oil ~ Rose Hip Oil ~ Evening Primrose Oil

Topical Dilution Ratio	Drops of EO	Carrier Oil
3-24 months: .1%	1 drop	2 Tbsp
2-6 years old: 1%	3 drops	2 tsp
6-15 years old: 1.5%	4.5 drops	2 tsp
15-20 years old: 2.5%	11 drops	1 Tbsp
Adults: 3-4%	4.5-7.5 drops	1 tsp

A safe basic dilution for ages 2 and older is 1 drop of essential oil per 1 teaspoon carrier oil.\*

**\*Safety Tips:** EOs are best used as short-term assistance for temporary issues. Anyone who is sick or frail should not use the full ratio for their age due to their compromised system. Some oils are not recommended for certain ages or those with certain allergies. If you plan to make EOs a regular part of your household please get a great safety resource book, like Robert Tisserand's *Essential Oil Safety*. If your child gets into your EOs please call Poison Control immediately, especially if any are ingested. Ingesting a 5ml bottle of some oils can be fatal, especially for young children. Keep EOs out of and away from the eyes.

**Storage Tips:** Safety of oils also depends on correct storage of EOs and carrier oils to avoid degradation. Oxidation and degradation can progress quickly when they are stored in unfavorable conditions. EOs should always be in brown or cobalt glass containers. EOs and Carrier Oils should be kept in airtight containers at cool temperatures, protected from sunlight and heat.

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