hippysunshine.com

Essential Oil Dilution Safety Guide

Dilution is the foundation of safe and responsible aromatherapy. Because essential oils are highly concentrated, they must be mixed into a carrier oil (such as Jojoba, Hemp seed, or Fractionated Coconut oil) to be used safely on the skin.

Dilution Reference Chart (Based on 1 oz Carrier)

We use the standard industry conversion where 1 ml of essential oil equals approximately 20 drops.

Target Demographic	Dilution %	Total Drops in 1 oz Carrier
Infants (0–6 months)	0%	Avoid essential oils (Use Hydrosols)
Children (6 months – 6 years)	0.5% – 1%	3 – 6 drops
Children (6 – 15 years)	1% – 1.5%	6 – 9 drops
General Adult Use	1% – 3%	6 – 18 drops
Elderly / Sensitive Skin	1%	6 drops
Pregnancy / Nursing	1%	6 drops

Important Safety Protocols

- **Infants:** For those under six months, essential oils are too potent for their developing systems. I strongly recommend using hydrosols—they are gentle, water-based, and far safer for delicate newborn skin.
- **Pregnancy and Nursing:** Many essential oil constituents can cross the placental barrier. Always consult with a qualified healthcare provider before use. A 1% dilution is the maximum safe standard.
- **The Elderly:** As skin thins with age, it becomes more susceptible to sensitization. Stick to a 1% dilution to ensure safety.
- **Patch Testing:** Regardless of age or health status, always perform a patch test by applying a small amount of your diluted blend to the inner forearm and waiting 24 hours to ensure no reaction occurs.
- **Know Your Constituents:** Some oils contain high levels of phenols (e.g., Clove Bud, Oregano). These are highly potent and require a maximum dilution of 0.5% regardless of the user.