



Diluting  
**ESSENTIAL**  
**OILS**

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Essential oils work so well when it comes to health and even just diffusing into the air can make you feel great. It's easy to feel think that since essential oils are natural they don't have any harmful aspects but that's not true.

Essential oils are powerful which is why they work but that's also why you have to use them safely!

Dilute essential oils in a carrier oil.

Just a few carrier oil options: coconut oil, olive oil, jojoba oil, sweet almond oil, apricot kernel oil, avocado oil, grapeseed oil.

How much you dilute essential oils depends on the person's age or needs.

**6 months – 6 years**

0.25% dilution

**6+ years, pregnant women, elderly**

1% dilution

**Adults**

2% dilution

**Adults (for a specific short term health concern)**

3% dilution

## Essential Oil Tip

A 5ml roller bottle is 1 tsp  
A 10ml roller bottle is 2 tsp

### Essential Oil Dilution Chart pistachioproject.com

Dilution	0.25%	1%	2%	3%
Drops of EO for 1tsp carrier oil	0	1	2	3
Drops of EO for 2tsp carrier oil	0	2	4	6
Drops of EO for 3tsp carrier oil	0	3	6	9
Drops of EO for 4tsp carrier oil	1	4	8	12
Drops of EO for 1/4cup (4oz) carrier oil	6	24	48	72

### Remember

Some essential oils are more potent than others.  
Some essential oils are not safe for certain people.

[Click here](#) to view the essential oils that children should avoid.

[Click here](#) to view the essential oils that pregnant women should avoid.

### Learn More

Get more essential oil tips and DIYS at  
[www.pistachioproject.com](http://www.pistachioproject.com)