



RANGE PRODUCTS

PERCENTAGE CHART – ESSENTIAL OILS

Massage oils:	1 – 3%
Massage creams:	1 – 2.5%
Compresses and fomentations:	10 drops to 100 ml water
Ointments:	3 – 5%
Lotions:	1 – 1.5%
Baths:	10 drops maximum (depending on age) in 1 teaspoon carrier oil or solubiliser
Foot baths:	4 – 6 drops, depending on age
Air sprays:	2 – 3%
Steam Inhalations:	2 drops depending on age
Vaporisers & Diffusers	5 – 8 drops depending on age
Insect repellent lotions:	2 – 2.5%
Shampoos and conditioners:	Less than 2%
Floor and furniture	2% maximum

Measurements

20 drops = approximately 1 ml

100 drops = approximately 1 teaspoon or 5 ml

1 metric tablespoon = approximately 15 ml



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Blending Chart

2 drops in 2 teaspoons = approximately 1 %

4 drops in 2 teaspoons = approximately 2 %

6 drops in 2 teaspoons = approximately 3 %

4 drops in 1 tablespoon = approximately 1 %

8 drops in 1 tablespoon = approximately 2 %

12 drops in 1 tablespoon = approximately 3 %

20 drops in 100 ml = approximately 1 %

40 drops in 100 ml = approximately 2 %

60 drops in 100 ml = approximately 3 %

When working in small quantities a good way to think of it is to work out the mls, change it to drops and then halve it. So, if you have 100 ml, use 50 drops of essential oil. For babies and children, half that again to 25 drops.