






# Recommended Dilutions of Essential Oils

## For Different Age Groups

Essential Oils are an amazing and powerful ally from the plant world, but only if they are used correctly to avoid unnecessary overuse, developing sensitization, or even doing damage to your microbiota or organs.

	<p><b>0 – 3 Months</b></p> <p>Essential Oils <i>should not be used</i> on infants younger than 3 months old (from original due date). The skin on an infant this young is extremely absorbent and their organs are not strong enough to process the complex chemistry of even the mildest essential oil. Consider diffusing age-appropriate essential oils, using an herbal infused vegetable oil, or using hydrosols instead.</p>
	<p><b>3 – 24 Months</b></p> <p><b>Percent Diluted:</b> 0.25% - 0.5% of total volume</p> <p><b>Example:</b> 2 – 3 drops of total amount of Essential Oils diluted into 1 ounce (30ml) of vegetable oil or Aloe vera gel.</p>
	<p><b>2 – 6 Years</b></p> <p>Percent Diluted: 1% - 2% of total volume</p> <p>Example: 9 – 18 drops of total amount of Essential Oils diluted into 1 ounce (30ml) of vegetable oil or Aloe vera gel.</p>
	<p><b>6 – 15 Years</b></p> <p>Percent Diluted: 1.5% – 3% of total volume</p> <p>Example: 12 – 27 Drops of total amount of Essential Oils diluted into 1 ounce (30ml) of vegetable oil or Aloe vera gel.</p>
	<p><b>15+ Years</b></p> <p>2.5% - 5% (45 – 90 drops per ounce vegetable oil) for everyday and long-term use (do not exceed 5% for longer periods of application)            5% - 10% for short-term usage on acute afflictions  <i>Undiluted:</i> Use ONLY with mild essential oils (such as lavender or chamomile) no more than 1 – 2 applications (of 1 – 2 drops) on severe afflictions such as stings, burns, or spider bites.</p>