

## Aromatherapy Tip of the Week - #06

February 26, 2008

### Measuring and Measurements

We are often asked about how much a 10 ml bottle etc, etc, is by standard measure. So to help you understand in more common terms we have a handy little chart for you to print out in this weeks Tip of the Week.

Metric measurement	Decimal for ounces	Common Fraction for ounces	By drops (approximately due to viscosity of each essential oil)
1 ml	.0335 oz	1/30 oz	20-25
2 ml	.067 oz	1/15 to 1/16	40-50
4 ml	.135 oz	1/8 oz (approx)	80-100
5 ml	.169 oz	1/6 oz	100-125
10 ml	.33 oz	1/3 oz	Drops should not be counted
15 ml	.5 oz	1/2 oz	for blending large
29.573 ml	1 oz	1 oz	amounts of essential
30 ml	1.014 oz	1 oz	oils therefore no drop values
50 ml	1.69 oz	1 2/3 oz	for these larger volumes
60 ml	2.28 oz	2 oz	have been given.

When blending essential oils into massage oils, lotions, shampoos and other products the best method of measuring is by percentages. This can be more difficult to calculate.

Please see our past newsletter article about **Blending** in Issue - Newsletter Volume 94 found on the following page- <http://birchhillhappenings.com/v942006.htm>

If you have further questions or if you need help in figuring percentages for blending please be sure to e-mail us at [bhinfo@birchhillhappenings.com](mailto:bhinfo@birchhillhappenings.com).