

Aromatherapy Tip of the Week - #08

March 11, 2008

How Much Essential Oil to Use in Products

We are often asked how much essential oil to add to unscented lotions, shampoos, and massage oils. Also about how much to add to other liquids where they are applied to the body or used into the air (Spray misting).

The general rule of thumb in aromatherapy is to use a 2% dilution of essential oils when added to any finished product that is to be applied to the skin. Of course there are exceptions.

The simple thing to remember about adding essential oil to your final product is if the final product is going to remain on the skin the essential oils in the blend should be about a 2% dilution or less if used on a baby or the elderly.

If your blend is going to be used in a product that will be washed off or rinsed away, you can blend it stronger - up to a 5-10% dilution. Products that are washed off or rinsed away include: Shampoos, Hair Conditioners, & Shower gel.

Lotions or products used on and left on the skin such as toners and massage oils should only be blended in a 2% dilution, again less if used on babies or the elderly.

Here are some general guidelines:

- Mixed with Lotions or Massage oils - 6 drops per ounce of carrier base
- Shampoo, Conditioner or Shower Gel - 10-12 drops per ounce of product
- Added to Distilled water for use on the skin such as a toner - 3-4 drops per ounce of water.
- Used in a Facial Steam - no more than 5 drops to 2 cups of hot water.
- Room Spray - added to distilled water - Varies with the essential oils used but not unusual to be as high as 50 drops per 4 ounces of water.

Hope this will help you decide on how much to use in your blends. As always, if you should develop any kind of irritation, then you should discontinue use and reformulate your recipe for next time. Also, start with less essential oils and only add more to your blends as needed.

Happy Blending.