

## How to make a Simple Dilution using Percentages in Aromatherapy

When blending essential oils with carrier oils or lotions for use in massage figuring out percentages can be mind boggling.

We always suggest that dilutions for children, the elderly and pregnant women should be about 1%.

For whole body massages of people 12 years or older you can use a 2% dilution.

For concentrated massage used in a local area your dilution can be anywhere from 4% to 10%. Of course this latter one is only for spot applications.

Now this is what is recommended and that is the easy part. The actual amount to be use is the difficult part of the blending.

The following table will be of help to those of you blending any massage oil or lotion. The percentages for shampoos, conditioner and shower gel can use these percentages too, but because they are in products that are put on, then washed off you can – in some cases choose to add more (or less) according to your desires.

Massage oil Total Volume	1%	2%	4%
1 tablespoon	3 drops	6 drops	12 drops
1 oz (2 tablespoons)	6 drops	12 drops	24 drops
2 oz (4 TBS)	12 drops	24 drops	48 drops or ½ tsp.
4 oz (1/2 cup)	24 drops	48 drops ( ½ tsp)	96 drops ( 1 tsp)
8 oz (1 cup)	48 drops ( ½ tsp)	96 drops (1 tsp)	10 ml or 2 tsp
16 oz (2 cup)	96 drops (1 tsp)	10 ml (2 tsp)	20 ml (4 tsp)

This is a simplified table to create your massage oil and lotions. The number of DROPS for each percentage is the TOTAL of all essential oil drops in the blend. If the 4% dilution is a total of 12 drops. You can have 4 drops of one oil and 5 drops of another and 3 drops of another for a total of 12 drops.

We suggest when blending your massage oil add the essential oils to the mixing bottle first then fill the bottle with the appropriate amount of carrier oil or lotion.

Using Pipettes (disposable) with graduated marks on it makes it easier when counting out the actual drops. Sometimes drops out of the essential oil bottles are hard to count.

Remembering that one mL is approximately 20 drops makes it easier when blending larger quantities.

You can mix in glass beakers using a stirring rod to mix your blends before pouring into your finished bottle.

Or if you want an even more simple method of blending, add your drops of essential oils to a PET bottle of appropriate size. As an example: say you are going to mix 2 ounces of massage lotion/ oil with 2% essential oils.

Start with an empty 2 ounce PET bottle, next count out your total of essential oil drops to make an 2% dilution (24 drops total) then add your carrier oil – just to the shoulder of the bottle (most bottles volume total is to the shoulder - before it reaches the threaded part of the neck).

If you still need help don't hesitate to e-mail us and we'll be more than happy to help you get the percentages of essential oils correct in your blends.