



PERCENTAGE CHART- ESSENTIAL OILS

Massage oils:	2-3 per cent
Massage creams:	2-2.5 per cent
Compresses and fomentations:	10 drops to 100 ml water
Ointments:	3-5 per cent
Lotions:	1-1.5 per cent
Baths:	10 drops maximum (depending on age) in 1 teaspoon grape seed oil
Foot baths:	4-6 drops, depending on age
Air sprays:	50-100 drops in 300 ml water
Inhalatlons:	2 drops depending on age
Insect repellent lotions:	2-2.5 per cent
Shampoos and conditioners:	20-30 drops to 1 cup
Floor and furniture	2 per cent or whatever cleaners smells good!

Measurements

20 drops = approximately 1 ml
100 drops = approximately 1 teaspoon or 5ml
1 metric tablespoon = approximately 20 ml

Blending Chart

2 drops in 2 teaspoons = approximately 1 per cent
4 drops in 2 teaspoons = approximately 2 per cent
6 drops in 2 teaspoons = approximately 3 per cent
4 drops in 1 tablespoon = approximately 1 per cent
8 drops in 1 tablespoon = approximately 2 per cent
12 drops in 1 tablespoon = approximately 3 per cent
20 drops in 100 ml = approximately 1 per cent
40 drops in 100 ml = approximately 2 per cent
60 drops in 100 ml = approximately 3 per cent