







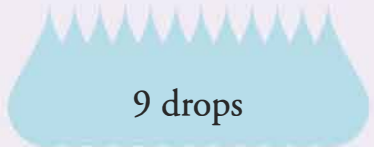


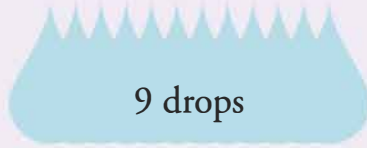
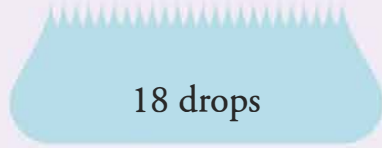


MY SAFETY FIRST DILUTION GUIDE

RECOMMENDED DILUTION PERCENTAGES

CARRIER OIL AMOUNT	.25% Under 2 years	1% For children 2-6 years Elderly or for sensitive skin	2% Average healthy adult usage
 5ml 1 teaspoon 1/6 oz		 1-2 drops	 2-3 drops
 10ml 2 teaspoons 1/3 oz		 3 drops	 6 drops
 15ml 3 teaspoons 1/2 oz		 4-5 drops	 9 drops
 30ml 6 teaspoons 1 oz	 1-2 drops	 9 drops	 18 drops

If you are unsure or have dilution questions, definitely reach out and ask! Safety first!

<http://www.tortajalla.com/essential-oils/>

Recommendations based on my research and looking up the tables in
Essential Oil Safety by Robert Tisserand and Rodney Young.

NOTE: 1ml can be anywhere from 20-40 drops, since drops vary in size. Table above assumes 1ml = 30drops.

If you think your dropper has a larger hole, just reduce the number of drops you are using. I personally think it's best to err on the side of less!