

GENERAL ESSENTIAL OIL DILUTION RECOMMENDATIONS FOR TOPICAL USE

Essential Oil Consumer Safety Advocates

www.eocsa.org

AGE	DILUTION PERCENTAGE	OTHER CONSIDERATIONS
0-3 months	NONE	<ul style="list-style-type: none"> ⚠ Due to extreme delicateness of skin and continued development of newborn organs, topical application is not recommended. We recommend you avoid inhalation and diffusing as well unless under the direct guidance of a qualified aromatic practitioner.
3-12 months	0.25%	<ul style="list-style-type: none"> ⚠ Limit frequency; Infant safe essential oils only; Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; ⚠ Inhalation/diffusing preferred
12-24 months	0.5%	<ul style="list-style-type: none"> ⚠ Limit frequency; Infant/Kid safe essential oils only; Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; ⚠ Inhalation/diffusing preferred
2 - 6 years Elderly and Frail	0.5 - 1.0%	<ul style="list-style-type: none"> ⚠ Limit frequency and only as needed; Kid safe essential oils only for 2-6 yrs old; Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; ⚠ Inhalation/diffusing preferred
6-12 years	1.0%	<ul style="list-style-type: none"> ⚠ Limit frequency and only as needed; Kid safe essential oils only; Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; ⚠ Choose inhalation/diffusing when possible

*Prepared and reviewed in collaboration with certified and vintage aromatherapists, aromatherapy instructors and experts. Please consult with a qualified aromatherapist for a personalized assessment

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AGE	DILUTION PERCENTAGE	OTHER CONSIDERATIONS
12 years and up Most healthy adults and situations	1 - 2%	<ul style="list-style-type: none"> 🛡️ As needed; 🛡️ Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; 🛡️ Choose inhalation/diffusing when possible
Most healthy adults Temporary conditions and acute needs	3 - 5%	<ul style="list-style-type: none"> 🛡️ As needed; 🛡️ Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; 🛡️ Choose inhalation/diffusing when possible
Most healthy adults Temporary, acute and localized skin needs Spot treatments Muscle needs Soft tissue needs	Up to 10%	<ul style="list-style-type: none"> 🛡️ As needed; 🛡️ Observe safety precautions, contra-indications and maximum dilution rates for each essential oil; 🛡️ Choose inhalation/diffusing when possible

SEEK THE ADVICE OF A QUALIFIED AROMATHERAPIST BEFORE USING ANY ESSENTIAL OIL WITH PREMATURE INFANTS OR CHILDREN WITH MEDICAL CONDITIONS

- 🛡️ Always do a trial patch test before using an essential oil or blend you have never used before to gauge dermal tolerance.
- 🛡️ Start with lowest recommended dilution possible, increasing in 0.25% - 0.5% increments, not to exceed maximum dermal recommendations.
- 🛡️ Some essential oils have maximum safe dilutions rates for dermal use that is lower than general recommendations. Observe those as needed.

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