

## ESSENTIAL OIL DILUTION CHART

The formula for mixing essential oils with other substances - such as carrier oils, lotions, and beauty products - is based on the saturation level desired and the amount of carrier being blended. Use the following information to properly blend PURELY™ essential oils for safe, responsible usage.

### 1% SATURATION

*This is a suggested level for children over the age of six, elderly adults, and people with sensitive skin.*

### 2% SATURATION

*This is considered a basic level for adults and the target for most situations including daily use.*

### 5% SATURATION

*This level is for short-term, targeted relief for a specific condition.*

While 10% - and even 25% - dilutions are possible, we strongly recommend that you consult your physician before using saturations that high for any issues that might warrant that strong of an application.

The same advice applies for children under the age of six and for women who are pregnant or nursing.

Please talk with your medical professional about appropriate essential oil use and strength before using them.

## DROPS OF ESSENTIAL OIL NEEDED TO ACHIEVE DIFFERENT SATURATION LEVELS FOR VARIOUS SIZES OF FINISHED PRODUCT

	1 TSP. 5 ML 1/6 OZ.	1 TBSP. 15 ML 1/2 OZ.	2 TBSP. 30 ML 1 OZ.	120 ML 4 OZ.	180 ML 6 OZ.	240 ML 8 OZ.
1%	1	3	6	24	36	48
2%	2	6	12	48	72	96
5%	5	15	30	120	180	240



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