

# Essential Oil Methods of Application Part 2

The most effective way to dilute essential oils is in a carrier oil. A carrier can be any high-quality vegetable oil, such as almond, apricot, hazelnut, olive, grapeseed or sesame.

A safe and effective dilution for most aromatherapy applications is 2 percent, which translates to 2 drops of essential oil per 100 drops of carrier oil. A 1-percent dilution should be used on children, pregnant women, the elderly and those with health concerns.

- 1% dilution: 5-6 drops essential oil per ounce of carrier oil
- 2% dilution: 10-12 drops essential oil per ounce of carrier oil
- 3% dilution: 15-18 drops essential oil per ounce of carrier oil

You can create a safe and effective remedy with just one, two or three oils. When combining essential oils in a therapeutic blend, it is best for beginners to keep it simple, using no more than three oils at a time. Using more than three may lead to unpredictable results because of the complex chemistry created by the combination of all the oils.

A very good question is how big is a drop, because the size of a drop varies depending on the size of the dropper opening, as well as on the temperature and the viscosity (thickness) of the essential oil. A glass dropper will probably be accurate enough for your purposes.

Some people find it easier to use drops; others prefer measuring their essential oils by the teaspoon. Teaspoons are usually more convenient when preparing large quantities. Whatever your preference, use the chart below as a general guideline. The measurements are rounded off for your convenience. The ratios of drops to teaspoon were calculated using water, which has a medium viscosity compared with the range of viscosities found in essential oils.

Measurement Conversion Chart				
10 drops	1/10 tsp.	1/60 oz.	1/8 dram	about 1/2 ml.
12.5 drops	1/8 tsp.	1/48 oz.	1/6 dram	about 5/8 ml.
25 drops	1/4 tsp.	1/24 oz.	1/3 dram	about 1 1/4 ml.
50 drops	1/2 tsp.	1/12 oz.	2/3 dram	about 2 1/2 ml.
100 drops	1 tsp.	1/6 oz.	1 1/3 drams	about 5 ml.
150 drops	1 1/2 tsp.	1/4 oz.	2 drams	about 7.5 ml
300 drops	3 tsp.	1/2 oz.	4 drams	about 15 ml.
600 drops	6 tsp.	1 oz.	8 drams	about 30 ml.
24 teaspoons	8 tablespoons	4 oz.	1/2 cup	1/4 pint
48 teaspoons	16 tablespoons	8 oz.	1 cup	1/2 pint
96 teaspoons	32 tablespoons	16 oz.	2 cups	1 pint

We hope this article has been informative. This article is part of a series. If you've missed any of this series or would like it in hard copy you can reach us in any of the venues below.

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