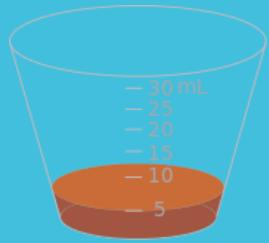


# Cambridge College of Holistic Health

## Recommended Essential Oil Dilution Ratios



**0.5%**  
**Birth -**  
**1 yr**  
vulnerable

**1%**  
**1 yr -**  
**5 yr**  
Elderly

**2%**  
**5 -**  
**11 yr**  
Pregnant

**3% Normal**  
**4%**  
Daily  
11+yrs

**5%**  
Therapeutic  
Daily

**5ml**  
1 teaspoon



**10ml**



**15ml**



**20ml**



**25ml**



**50ml**

