FREE PRINTABLE · DILUTION CARD

Natural Knows

Essential Oil Dilution Card

How many drops go into your carrier oil, for face, body and short local use. Keep it next to your bottles.

1 Drops per bottle

Strength	Common use	5 ml	10 ml	30 ml
0.5%	Sensitive skin, older adults, first try	½ drop*	**1**	**3**
1%	Face and daily all-over use	**1**	**2**	**6**
2%	Body oils, massage, everyday rollers	**2**	**4**	**12**
3%	Short-term use on a small area	**3**	**6**	**18**

Based on about 20 drops per ml; droppers vary, so treat these as close guides. *For 0.5% in 5 ml, make 10 ml instead.

2 Pick a carrier

Jojoba

Light, keeps well. A common pick for face blends.

Fractionated coconut

Stays liquid and non-greasy. Easy for rollers.

Sweet almond

Soft and rich for body and massage oils. Skip with nut allergies.

Grapeseed

Thin and light. Use fresh: it goes off faster.

3 Mix in 4 steps

1 · Clean bottle

Dark glass, dry and labelled with date and oils.

2 · Carrier first

Fill the carrier, leave a little space at the top.

3 · Count drops

Add the drops from the table, never more.

4 · Roll and test

Roll gently to mix, then patch-test before use.

Safety first

- Patch-test: a small amount on the inner arm, wait 24 hours. Redness or itching = do not use.
- Never use undiluted on skin, never near eyes, never swallow essential oils.
- Not for babies or children. Pregnant, breastfeeding, on medication or unwell: ask a professional first.
- Cold-pressed bergamot, lemon or lime can burn skin in the sun: no sun on that skin for 12 hours.
- Keep oils and diffusers away from cats and other pets; store out of reach, tightly closed.

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My Blend Log

Write each blend down so you can repeat what you like and skip what you do not.

Blends I made

Date	Carrier + ml	Oils + drops	%	Patch test / notes

Rule of thumb: label every bottle with the date, the oils and the strength. Most blends are best used within a few months.