

Diluting Essential Oils

NOW is committed to offering the purest and most potent essential oils available. With a toxicologist on staff and strict quality standards and testing methods in place, we strive to offer the highest quality essential oils.

Our skincare/carrier oils are the best value on the market. Utilizing both our essential oils (EOs) and carrier oils, you can make your own skin and body care products for a fraction of the price of luxury brands (with the same or better quality!). Get started today with our topical application guidelines below.

TOPICAL APPLICATION DILUTION CHART

| | Carrier Oil | | | | | |
|----------|------------------------|----------------------|----------------------|-----------------------|-----------------------|-----------|
| | 10 mL (1/3 fl. oz.) | 30 mL (1 fl. oz.) | 60 mL (2 fl. oz.) | 120 mL (4 fl. oz.) | 240 mL (8 fl. oz.) | |
| Dilution | 0.5% | 1 drop | 3 drops | 6 drops | 12 drops | 24 drops |
| | 1% | 2 drops | 6 drops | 12 drops | 24 drops | 48 drops |
| | 2% | 4 drops | 12 drops | 24 drops | 48 drops | 96 drops |
| | 3% | 6 drops | 18 drops | 36 drops | 72 drops | 144 drops |
| | 5% | 10 drops | 30 drops | 60 drops | 120 drops | 240 drops |

TOPICAL DILUTION GUIDELINES:

- When mixing different scents, make sure to stick to the drop ratio in the chart above. For instance, if you need 8 drops for a mixture and you want to use 2 different oils, you would use 4 drops of one oil and 4 drops of the other (or whatever scent ratio you like as long as the total drops don't exceed 8).
- Always start small with the number of essential oil drops and increase to the dilution ratio as desired.
- These recommended dilutions are for adults 18 and older. Please talk to your health practitioner before using essential oils with children and teens, or when pregnant or nursing.
- We do not recommend using dilutions above 5% in topical applications. Ten percent is typical of a perfume but not recommended for all-over skin application.
- Percentages may vary based on the essential oil and application. Essential oils require dilution for topical usage. Do not use undiluted essential oils on your skin.



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