



Handy Essential Oil Conversions and Dilutions Quick Reference Guide

20 drops – 1 ml

100 drops – 1 teaspoon – 5 ml

300 drops – 1 tablespoon – 15 ml – ½ ounce

600 drops – 2 tablespoons – 30 ml – 1 ounce



Essential Oil Dilutions

Total volume in recipe	Total volume (ml)	1 %	2 %	3 %	4 %	5 %	10%	25%
1 teaspoon	5 ml	1 drop	2 drops	3 drops	4 drops	5 drops	10 drops	25 drops
2 teaspoon	10 ml	2	4	6	8	10	20	50
1 tablespoon	15 ml ½ ounce	3	6	9	12	15	30	75
4 teaspoons	20 ml	4	8	12	16	20	40	100
2 tablespoons	30 ml 1 ounce	6	12	18	24	30	60	150
1 cup	225 ml 8 ounces	45	90	135	180	225	450	1125
1 cup				1 ¼ tsp.	1.8 tsp.	2 ¼ tsp.	4 ¼ tsp.	3 ¾ tbsp.

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To use this chart:

When you are reading the chart the first column is the amount of carrier oil. And the columns going across to the right are the percentage of essential oil dilution. The essential oil dilutions are in drops. While the total oil + wax + butter in your recipe is presented in either teaspoon or ml. volume measures in the two left hand columns.

Find the total volume measure of your recipe. Add the number of drops of EO according to the percentage dilution required.

For instance: Let's say you wanted a 1% dilution with lavender essential oil because you were making an eczema salve for a child. And your recipe called for a total of 1 ounce by volume of lavender infused oil, beeswax wax, and shea butter. 1 ounce by volume is 2 tablespoons. (Go to the chart and find 2 tablespoons/one ounce in the left column) Now the first column to the right is the volume measure in ml. (30 ml in this case).

The next column to the right gives you the number of drops of essential oil to add. To make a 1% dilution of essential oil you would add only 6 drops of essential oil. That doesn't sound like a lot of essential oil but if you added 20 drops because it "felt right" or because you liked the smell, it might be too much for your child-friend.

The purpose of the dilution chart is to help you know that you have exactly the dilution of essential oil that is safe and effective for your purposes.

This will save you money because you'll only be using the number of drops of essential oil that is effective and safe for your recipe. You'll also have the confidence and assurance that your final product is safe for the person you had in mind for your final product.

For more information about essential oil safety see my book, [*The Beginner's Book of Essential Oils, Learning to Use Your First 10 Oils with Confidence.*](#)