



LIVING AND LOVIN HERBS PODCAST

General Guidelines for Diluting Essential Oils

Quality essential oils should always be in a dark amber glass bottle with a plastic insert, called an orifice reducer, in the neck of the bottle. The reducer limits the amount of oil that comes out and makes it easier to count drops. The dark glass helps keep the EO from degrading from overexposure to light.

As essential oils purchased in Europe have smaller reducer openings and therefore produce smaller drops than bottles sold in the US, more drops will be needed to get to a 1% dilution.

The following is standardization of how many drops are needed to produce an approximate 1% dilution:

American Orifice Reducers:

5 – 6 drops per 1 ounce of carrier oil

European Orifice Reducers:

9 – 10 drops per 1 ounce of carrier oil

Carrier Oils:

Use oils that are organic and cold pressed with no scent.

Sweet almond oil
Apricot kernel oil
Grapeseed oil
Jojoba oil
Avocado oil

Warnings and Proper Usage:

Essential oils should be used wisely as just because they are natural doesn't mean they can't be toxic.

*Because of their chemistry, many EO's are irritating to the skin and **should therefore never be directly applied to the skin.** Adverse reactions can range from a little redness at the application site to 3rd-degree chemical burns with some severe reactions resulting in toxic shock and death.*



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When used undiluted, EO's can also have a cumulative toxic effect on the body. The human body can only absorb a finite amount of toxins until it becomes overwhelmed and shuts down. There are many documented cases of this type of toxic reaction when essential oils are misused .

Never ingest or use essential oils internally, unless under the direction and treatment of a licensed medical professional.

REFERENCES:

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