

Essential Oil Dilution Chart by Age

Age	Use	Dilution	Good choices	Avoid
Newborn to 6 months	Use oils very sparingly (if at all) and only for short-term relief	1 drop of essential oil per 4 tsps. of carrier oil	Very gentle oils like Lavender, Orange, Ginger, Cedarwood, etc.	Hot and potent oils like Oregano, Wintergreen, Cinnamon Bark, Peppermint, Rosemary, etc.
6 months to 2 years	Use oils sparingly and only for short-term relief.	1 drop of essential oil per 3 tsps. of carrier oil	Very gentle oils like Lavender, Orange, Ginger, Cedarwood, Frankincense, Lemon, etc.	Hot and potent oils like Oregano, Wintergreen, Cinnamon Bark, Peppermint, Rosemary, etc.
2 – 4 years	Use oils as needed. Rotate oils frequently to prevent sensitivities.	1 drop essential oil per 2 tsps. carrier oil	Gentle oils like Lavender, Citrus oils (avoid direct sunlight for 24 hours), Tea Tree, Pine, Cedarwood, Blue Tansy, etc.	Hot and potent oils like Oregano, Wintergreen, Cinnamon Bark, Peppermint, Rosemary, etc.
4 - 6 years	Use oils as needed. Rotate oils frequently to avoid sensitivities.	1 drop per 1 ½ tsps. of carrier oil	Great oils include Marjoram, Frankincense, Lemon, Cedarwood, Sandalwood, Ginger, Lime, etc.	Hot and potent oils like Oregano, Wintergreen, Cinnamon Bark, Peppermint, Rosemary, etc.
6 - 12 years	Use oils as needed	1 drop per 1 teaspoon carrier oil	Great oils include Vetiver, Marjoram, Frankincense, Lemon, Cedarwood, Sandalwood, Ginger, Lime, Vetiver, etc.	Be very cautious with stronger oils.
Adults	Use oils as needed	2 drops per 1 teaspoon of carrier oil	Most essential oils are fine as long as diluted properly.	Use caution with stronger oils.