



PRANNA
ESSENTIAL OILS

Dilution Guide For Pranna Essential Oils

Measured in Ounces and Tablespoons

When preparing essential oil products for therapeutic purposes, the following dilution guidelines are the recommended measures for aromatherapy standards

Note: Each 1 oz. of essential oil is equal to 2 tablespoons
If working with tablespoons is more comfortable for you, please use that chart.

OUNCES		TABLESPOONS	
INFANTS & CHILDREN			
0.5%	3 drops of EOs per ounce of carrier	0.5%	1.5 drops of EOs per tablespoon of carrier
1%	6 drops of EOs per ounce of carrier	1%	3 drops of EOs per tablespoon of carrier
ADULTS			
2%	12 drops of EOs per ounce of carrier	2%	6 drops of EOs per tablespoon of carrier
3%	18 drops of EOs per ounce of carrier	3%	9 drops of EOs per tablespoon of carrier
5%	30 drops of EOs per ounce of carrier	5%	15 drops of EOs per tablespoon of carrier
10%	60 drops of EOs per ounce of carrier	10%	30 drops of EOs per tablespoon of carrier