

## Essential Oil Dilution Chart

### APPLICATION METHODS

### SKIN SENSITIVITY

A - Can be used aromatically

N - Neat - Can be used topically without dilution

T - Can be used topically

S - Sensitive - Dilute for young or sensitive skin

I - Can be used internally

D - Dilute - Always dilute before using Topically

	<b>Name</b>	<b>Usage</b>	<b>Sensitivity</b>
	Arborvitae	A, T	N
	Basil	A, T, I	N
	Bergamot	A, T, I,	S
	Black Pepper	A, T, I	S
	Blue Tansy	A, T,	N
	Cardamom	A, T, I	N
	Cassia	A, T, I	D
	Cedarwood	A, T,	S
	Cilantro	A, T, I	N
	Cinnamon Bark	A, T, I	D
	Clary Sage	A, T, I	N
	Clove	A, T, I	D
	Copaiba	A, T, I	S
	Coriander	A, T, I	N
	Cypress	A, T	N
	Douglas Fir	A, T	N
	Eucalyptus	A, T	S
	Fennel (Sweet)	A, T, I	S
	Frankincense	A, T, I	N
	Geranium	A, T, I	S
	Ginger	A, T, I	S
	Grapefruit	A, T, I	N
	GreenMandrin	A, T, I	N
	Helichrysum	A, T, I	N
	Jasmine Touch	A, T	N - usually used diluted
	Juniper Berry	A, T, I	N
	Lavender	A, T, I	N

	Lemon	A, T, I	N
	Lemongrass	A, T, I	S
	Lime	A, T, I	S
	Maagnolia	A, T	N - usually used diluted
	Marjoram	A, T, I	N
	Melissa	A, T, I	N
	Myrrh	A, T, I	N
	Neroli	A, T	N - usually used diluted
	Oregano	A, T, I	D
	Patchouli	A, T, I	N
	Peppermint	A, T, I	S
	Petitgrain	A, T, I	S
	Pink Pepper	A, T, I	N
	Roman Chamomile	A, T, I	N
	Rose	A, T	N - usually used diluted
	Rosemary	A, T, I	N
	Sandalwood	A, T, I	N
	Siberian Fir	A, T, I	N
	Spearmint	A, T, I	S
	Spikenard	A, T	N
	Tangerine	A, T, I	N
	Tea Tree	A, T	N
	Thyme	A, T, I	D
	Turmeric	A, T, I	N
	Vetiver	A, T, I	N
	Wild Orange	A, T, I	N
	Wintergreen	A, T	S
	Yarrow / Pomagranite	T, I	N
	Yland Ylang	A, T, I	N