

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

Dilutions		1 %	2 %	3 %	4 %	5 %	10%	25%
1 teaspoon	5 ml	1	2	3	4	5	10	25
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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