

# Dilution Guide

Dilution is one of the most important aspects of effective topical application. It is also one of the most misunderstood. When used properly, carrier oils have been shown to improve essential oil topical application through several different pathways. Evaporation is the primary issue in topical application, as body heat and the skin present a formidable barrier. One of the most important benefits of dilution is that it slows the flashing off of the volatile aromatic compounds, largely through one of the fundamental laws of fluid dynamics: decreasing the surface area of a substance exposed to air reduces the rate of evaporation. When diluted, essential oil chemical constituents have been shown to pass through the epidermis more efficiently than when applied neat. Furthermore, another study showed that dilution may expedite the process, as varying levels of specific constituents were detected in exhaled air in as quickly as 20 minutes when using a carrier while a neat application resulted in no detection for up to two hours.

**use this guide to help you make roller bottle blends**  
*drops of essential oil in an amount of carrier oil by dilution %*

roller bottle	.5%	1%	2%	3%	4%	5%	10%
5ml	.75 drop	1 drop	2 drops	3 drops	4 drops	5 drops	10-15 drops
10ml	1 drop	2 drops	4 drops	6 drops	8 drops	10 drops	20-30 drops

## Dilution %

*fill roller bottle with carrier oil and desired drops of essential oil based on bottle size.*

.5%	babies
1%	children, elderly
2-3%	everyday use
3-10%	short term use

## Carrier Oil

### FRACTIONATED COCONUT OIL

is an all-natural carrier oil that readily absorbs into the skin, making it an ideal oil for roller bottles. Unlike regular coconut oil that is solid and only liquid at warm temperature. Fractionated Coconut Oil is always in liquid form.

*These are general recommendations that don't take into account the individual health and experience levels of the user. doTERRA essential oils are very potent and each individual will react differently to them. It is important to be aware of one's own unique health circumstances and adjust accordingly.*

*These recommendations are meant as introductory guidelines, and individuals should take into account their own personal experience and the direction of their health care provider in pursuit of wellness through essential oil use.*

# Roller Blends

create your own roller blend for topical application

*add drops to your 10ml roller bottle then fill with carrier oil.*

You are not diluting the effectiveness of the oil, you are just giving your oil more coverage with help of something to carry it where you want it to go.

## Aches & Pains

10 drops Ice Blue  
10 drops Frankincense  
10 drops Copiaba

## Happiness

10 drops Wild Orange  
10 drops Juniper Berry  
5 drops Lemon

## Work Survival

5 drops Balance  
5 drops Wild Orange  
5 drops Lavender

## Perfume

15 drops Whisper  
7 drops Passion  
12 drops Bergamot

## Blissful

10 drops Bergamot  
5 drops Wild Orange  
5 drops Lemon  
5 drops Grapefruit

## Motivation

5 drops Black Pepper  
5 drops Lime  
5 drops Wild Orange  
5 drops Frankincense



## Cough Relief

15 drops Eucalyptus  
10 drops Frankincense  
5 drops Lemon

## Headache

5 drops Peppermint  
5 drops Wild Orange  
5 drops Lavender

## Stop Itch

15 drops Lavender  
10 drops Peppermint

## Sleep

10 drops Lavender Peace  
5 drops Ylang Ylang  
5 drops Bergamot  
5 drops Juniper Berry

## Be Calm

8 drops Frankincense  
8 drops Lavender  
4 drops Wild Orange  
4 drops Cedarwood

## Motivation

6 drops Black Pepper  
8 drops Lime  
8 drops Wild Orange  
6 drops Frankincense