

Topical Application Methods



Key points

- Carriers are the medium used to disperse essential oils and help transport them through skin.
- 1 drop of essential oil added to 5 ml of carrier is a 1% dilution, 2 drops per 5 ml is 2%, and so on.
- Dilutions are dependent on the indication for use.
- Cautions for use with children: use only a 2% or less dilution with children ages 6–12, and 1% or less for children under 6 years of age. Do not use essential oils with menthol or 1,8 cineole (i.e. peppermint, eucalyptus, and rosemary) in children younger than 6.

Conversion chart

- 1 ml = approx. 20–25 drops of essential oil
- 5 ml = 100–125 drops = 1 teaspoon
- ½ oz. = 15 ml = 1 tablespoon = 3 teaspoons
- 1 oz. = 30 ml = 2 tablespoons = 6 teaspoons

Directions for use

Method	Essential oil per ounce	Directions
Topical	<ul style="list-style-type: none">• 1 drop per 5ml = 1%• 6 drops/oz. = 1% dilution• 12 drops/oz. = 2%• 18 drops/oz. = 3%• 24 drops/oz. = 4%• 30 drops/oz. = 5%• 60 drops/oz. = 10%	Add necessary amount of essential oil to 1 oz. carrier oil (almond, jojoba, coconut, etc.) to reach desired dilution: <ul style="list-style-type: none">• Full body massage: 1–2%• Hand/foot/spot massage: 2–3%• Pain: 5–10% (personal use only)
Compress	<ul style="list-style-type: none">• 5 drops per 8 oz.	Mix drops with 8 oz. warm or cool water. Soak cloth in water, wring excess, and apply to affected area. Leave on for 15–30 minutes.
Bath	<ul style="list-style-type: none">• 5–10 drops per 1 oz. carrier	Add drops to 1 oz. commercial dispersant or carrier oil, then add mixture to bath water. Tisserand Institute information on bath safety: https://tisserandinstitute.org/safety/bath-safety/

Massage Techniques

Dr. Jane Buckle pioneered the 'M' Technique®. Learn more about it on the R.J. Buckle Associates website: <https://www.rjbuckle.com/m-technique.html>

- Hand 'M' Technique® demonstration: <https://www.youtube.com/watch?v=7Mc3iA4oibs>
- Foot 'M' Technique® demonstration: <https://www.youtube.com/watch?v=rDhHvLwGs28>



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