



DILUTION CHART
2020

Obus



**Compiled by:
Christine Courtney
Principal
OBUS School of Healing Therapies**

References

**Essential oils Safety, By Tisserand and Young,
Tisserand Institute: Essential oils Safety Master Class Course Notes
Complete Guide to Aromatherapy Salvatore Battaglia
Aromatica, A Clinical Guide to Essential oil Therapeutic by Peter Holmes**

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Key

NP = do not use at all in pregnancy

X = skin irritating - dose dependent

Number = Maximum safe dilution as a %

x = Possible drug interaction**

E* = not to be used in pregnancy, breastfeeding, endometriosis and oestrogen dependant cancers

P Can be lethal if ingested**

	0-3	4 to 24	2 to 6	6 to 15	15+	skin	photo	photo	Pregnancy	Cancer	Anti
	months	months	years	years	years	irritating	toxic	allergenic			coagulation
EUCALYPTUS, <i>Eucalyptus smithii</i>		0.5	1	2	5				2		
EUCALYPTUS, <i>Eucalyptus Radiata</i>	x	0.5	1	2	5				2		
EUCALYPTUS, <i>Euc staigerianna</i> (Australian Lemon balm)		0.25	1	2	3.4	x			2	X**	
FRAGONIA, <i>Agonis fragrans</i>		0.5	1	2	5				2		
FENNEL SWEET, <i>Foeniculum vulgare organic</i>		X	X	1	2.5				NP	E*	
FRANKINCENSE, <i>Boswellia carteri</i>											
GERANIUM, <i>Pelargonium graveolens</i>											
GINGER, <i>Zingiber officinale</i>											
GRAPEFRUIT, <i>Citrus paradisi</i>		0.5	2	3	4		0.5%- 2%		2		
HELICHRYSUM, <i>Helichrysum Italicum</i>											
HO WOOD, <i>Cinnamomum camphora var linaloolifera</i>											
HYSSOP, <i>Hyssopus officinalis var decumbens</i>		X	X	0.1	0.3				NP		
JASMINE ABSOLUTE, <i>Jasminum officinale</i>		x	0.25	0.5	0.7	x			0.7		
JUNIPER BERRY, <i>Juniperus communis</i>											
KUNEA, <i>Kunzea ericoides</i>											
LAVENDER, <i>Lavandula angustifolia</i>											
LAVENDER, <i>Lavandula latifolia spike</i>	x	0.5	1	2	5				2		
Lavender Stoechas		x	x	2	5				NP	X**	
LEMON, <i>Citrus limonum</i>		0.5	1	2	2		0.5%- 2%		2		
LEMONGRASS, <i>Cymbopogon citratus</i>		x	0.25	0.5	0.7	x			0.7	X**	
LEMON MYRTLE, <i>Backhousia citriodora</i>		x	0.25	0.5	0.7	X			0.7		
LIME, <i>Citrus aurantifolia distilled</i>											
LIME, <i>Citrus aurantifolia expressed</i>		0.25	0.5	0.7	0.7		0.25%- 0.7%		0.7	X**	
MANDARIN, <i>Citrus reticulata</i>											
MARJORAM SWEET, <i>Origanum marjorana</i>											
MAY CHANG, <i>Litsea cubeba</i>		x	0.25	0.5	0.8	x			0.8	X**	
MELISSA, <i>Melissa officinalis</i>		x	0.5	0.9	0.9	x			0.9	X**	
MYRRH, <i>Commiphora myrrha</i>		x	1	3	5				NP		
NEROLI, <i>Citrus aurantium var amara flos</i>											
NIAOULI, <i>Melaleuca viridiflora</i>	x	0.5	1	2	5				2		
NUTMEG, <i>Myristica fragrans</i>		x	x	0.2	0.8				0.2		
ORANGE BITTER, <i>Citrus aurantium var amara fruct</i>		0.25	0.5	1.25	1.25		0.25%- 1.25%		1.25		

