



Suggested Essential Oil & Fragrance Dilutions

It is very important to make accurate measurements of Essential Oils and Fragrances used in Bath and Body products. Some Bramble Berry fragrances can be used up to 5% (which is rarely required except in candles and tarts), but essential oils all have different usage levels, so we recommend checking a reference guide for specifics. *This document is a guide only.*

All essential oils and fragrances must be diluted before application to the skin. Many essential oils have contraindications (for those with high blood pressure, epilepsy, pregnancy for example). PLEASE CONSULT A REFERENCE BOOK TO CHECK BEFORE USE. We recommend the same percentage of Fragrance as Essential Oils as a guide, but this will vary. Bramble Berry fragrances are quite concentrated, and if using other manufacturers fragrances you will need to check with the vendor regarding their suitability and safety.

First rule: ALWAYS skin test and check for contra-indications of essential oils

For Cold Processed Soap: Use 2.5% for most Essential Oils and Fragrances. Very strong oils such as Lemon Myrtle, Lemon Eucalyptus & Peppermint etc, should be used at lower concentration with the total blend of 2.5% of the OIL WEIGHT.

Product Usage Recommendations

Cold Processed Soap (oil weight)	2.5%	Note: Essential Oils should NOT exceed 2.5% for your Soap, and 1.5% for skincare products.
Melt & Pour Soap	1.0 to 2.5%	
Facial Oil Blends	0.25% - 1.5%	
Lotions & Creams	0.5% - 1.5%	
Shampoo & Hair Products	0.5% - 1.5%	
Massage Oils	1.0% - 2.5%	
Salves and Ointments	0.5% - 1.0%	
In the Bath (careful not to sit on the oils!!)	10 drops maximum	

Use a little Polysorbate, CCG or Turkey Red Oil (Sulfonated Castor Oil) to help disperse oils in the Bath and water based products such as shampoo as necessary.

Table for Quick FO/EO Calculation

For accuracy, all Essential Oils and Fragrance should be WEIGHED, but you can use this approximation for soap batches.

Weight	10%	5%	2.5%	1%
2000g	200g	100g/ml	50g/ml	20g/ml
1000g	100g	50g/ml	25g/ml	10g/ml
700g	70g/ml	35g/ml	17g/ml	7g/ml
500g	50g/ml	25g/ml	12g/ml	5g/ml
250g	25g/ml	12g/ml	6g/ml	2.5g/ml
100g	10g/ml	5g/ml	2.5g/ml	1g/ml

100ml bottle (Liquid)	1 ml	20 drops	is approx 1%
	2 ml	40 drops	is approx 2%
	2.5ml	50 drops	is approx 2.5%

For small measurements droppers are safest and easiest

1 dropper = 1 ml = 20 drops
1 teaspoon = 5ml = 100 drops
1 tablespoon = 20ml