

Blending Cheat Sheet Dilution Rates, Drops, and Treatment Purpose

Application Area	Dilution Rate	Drops per 1 oz (30 mL) Carrier	Purpose
Full-body massage	1.5–3%	9–18 drops	Relaxation, circulation, grounding
Facial treatments	0.5–1%	3–6 drops	Calming, anti-aging, balancing
Reflexology, hand/foot care	2–3%	12–18 drops	Invigoration, deodorizing, hydrating
Spot-specific treatments	3–5%	18–30 drops	Muscle relief, localized fatigue
Hydrotherapy (bath)	N/A	5–10 drops dispersed in carrier	Full-body immersion and aroma
Diffusion (100 mL water)	N/A	5–8 drops	Mood enhancement, air purification

Note: These are general recommendations. Always adjust blends based on individual client needs and essential oil safety guidelines.



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Blending Guide: Carrier Sizes, Dilution Rates, and Drop Counts

This chart shows essential oil drops per carrier size at 1–5% dilutions. Use 1–2% for full-body or facial treatments (gentle, relaxing), 2–3% for hands, feet, or reflexology (invigorating), and 3–5% for targeted, localized work (muscle relief) under professional judgment. Always adjust for sensitive skin, pregnancy, or health concerns.

Carrier Size	1% Dilution	2% Dilution	3% Dilution	5% Dilution
5 mL	1 drop	2 drops	3 drops	5 drops
10 mL	2 drops	4 drops	6 drops	10 drops
15 mL	3 drops	6 drops	9 drops	15 drops
1 oz (30 mL)	6 drops	12 drops	18 drops	30 drops
2 oz (60 mL)	12 drops	24 drops	36 drops	60 drops

Professional Blending Guide: Mastering Top, Middle, and Base Notes

Essential oil blending is both an art and a science, relying on the balance of top, middle, and base notes to create a harmonious, effective aroma profile. Each note plays a distinct role based on its evaporation time and therapeutic effects.

Top Notes provide the first impression—fresh, light, and uplifting. These are the quickest to evaporate and set the initial aromatic tone.

Middle Notes form the therapeutic core of the blend —harmonizing, balancing, and bridging top and base notes.

Base Notes add depth and longevity—grounding, stabilizing, and anchoring the overall blend.

Note	Evaporation Time	Function	Examples
Top	1–2 hours	Initial impression	Lemon, Bergamot, Peppermint, Eucalyptus
Middle	2–4 hours	Therapeutic core	Lavender, Chamomile, Geranium, Rosemary
Base	4–8+ hours	Grounding & fixative	Vetiver, Patchouli, Myrrh, Sandalwood

Expert Blending Tip: For a balanced blend, use a suggested ratio of 1 part top : 2 parts middle : 1 part base. This ensures a smooth aromatic transition from the first impression to the lasting therapeutic effects

Scent families group essential oils by their aromatic character, helping professionals design blends with intention.

By understanding these families, you can craft blends that are either harmonious within one family for consistency or layered across families for complexity and depth.

Each family offers distinct characteristics — from bright citrus to grounding woods — and pairing them thoughtfully elevates the aromatic and therapeutic experience.

Understanding Essential Oil Scent Families: An Expert's Guide to Blending by Aroma

Scent Family	Characteristics	Blends Well With	Examples
Citrus	Bright, uplifting, energizing	Florals, herbs, woods	Grapefruit, Lemon, Bergamot
Floral	Soft, sweet, romantic, nurturing, balancing	Citrus, spice, woods	Lavender, Rose, Geranium, Neroli
Herbal/Green	Clean, fresh, dry, clarifying, refreshing	Citrus, floral, spice	Clary Sage, Basil, Marjoram, Rosemary
Woody	Grounding, warm, stabilizing	Florals, spice, citrus	Cedarwood, Sandalwood, Frankincense
Minty	Cooling, sharp, invigorating, clearing	Citrus, woods	Peppermint, Spearmint
Spicy	Warm, stimulating, activating	Citrus, florals, woods	Clove, Cinnamon, Ginger
Resinous	Deep, earthy, smoky, meditative	Florals, spice, woods	Myrrh, Frankincense, Benzoin
Earthy	Musky, dense, grounding, anchoring	Citrus, florals, spice	Patchouli, Vetiver

Usage Tip: Use this chart as a reference when selecting and pairing essential oils. Blend within the same family for a smooth, unified aroma, or combine families to add contrast, richness, or dimension. Always consider the desired mood, therapeutic goal, and client preference when designing your blend.



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Blending & Usage Guide

For Massage Therapists, Estheticians, and Nail Technicians

Blending Instructions

1. Blend in small batches to ensure aroma harmony and skin compatibility.
2. Use clean, non-reactive tools (glass or stainless steel).
3. Let your blend rest 12–24 hours before use for full aromatic development.
4. Always label: Include dilution %, ingredients, date, and intended use.
5. Maintain client records for custom blends and known sensitivities.

Facial Use Disclaimer:

Use only skin-safe essential oils for facial applications. Avoid known irritants, hot oils (e.g., Cinnamon, Clove), and photosensitizing oils (e.g., Bergamot, Lemon, Lime) on the face. Always perform a patch test when using a new blend. Oils for facial use should be extremely well-diluted (0.5–1%) and selected with sensitivity in mind. Use lower dilutions (0.5–1%) on facial skin due to its sensitivity and absorption rates; reserve higher dilutions (3–5%) for small, targeted body areas under professional judgment.

Professional Spa Dilution Guidelines

Application Area	Dilution Rate	Drops per 1 oz (30 mL) Carrier	Purpose
Full-body massage	1.5–3%	9–18 drops	Relaxation, circulation, grounding
Facial treatments	0.5–1%	3–6 drops	Calming, anti-aging, balancing
Reflexology, hand/foot care	2–3%	12–18 drops	Invigoration, deodorizing, hydrating
Spot-specific treatments	3–5%	18–30 drops	Muscle relief, localized fatigue
Hydrotherapy (bath)	N/A	5–10 drops dispersed in carrier	Full-body immersion and aroma
Diffusion (100 mL water)	N/A	5–8 drops	Mood enhancement, air purification

Size Conversion & Drop Count Chart

This chart shows essential oil drops per carrier size at 1–5% dilutions. Use 1–2% for full-body or facial treatments (gentle, relaxing), 2–3% for hands, feet, or reflexology (invigorating), and 3–5% for targeted, localized work (muscle relief) under professional judgment. Always adjust for sensitive skin, pregnancy, or health concerns.

Carrier Size	1% Dilution	2% Dilution	3% Dilution	5% Dilution
5 mL	1 drop	2 drops	3 drops	5 drops
10 mL	2 drops	4 drops	6 drops	10 drops
15 mL	3 drops	6 drops	9 drops	15 drops
1 oz (30 mL)	6 drops	12 drops	18 drops	30 drops
2 oz (60 mL)	12 drops	24 drops	36 drops	60 drops
4 oz (120 mL)	24 drops	48 drops	72 drops	120 drops

**Spot-specific applications refer to localized areas such as shoulders, lower back, or joints, often for temporary muscular relief.*

Quick Reference: Drop Conversion Chart

Drops of Essential Oil	Approximate Volume (mL)
5 drops	0.25 mL
10 drops	0.5 mL
20 drops	1 mL
40 drops	2 mL
60 drops	3 mL
100 drops	5 mL

Note:

Drop sizes are approximate and can vary depending on oil viscosity, temperature, and dropper type. Always adjust blends for client sensitivity, health conditions, and therapeutic goals. When in doubt, start with a lower dilution.

How to Dilute Essential Oils in Carrier Oils

Essential oils should always be diluted in an appropriate carrier oil (e.g., jojoba, sweet almond, grapeseed) for skin application

Carrier Oil Amount	1% Dilution	2% Dilution	3% Dilution
5 mL (about 1 tsp)	1 drop	2 drops	3 drops
30 mL (1 oz)	6 drops	12 drops	18 drops
60 mL (2 oz)	12 drops	24 drops	36 drops

Understanding Top, Middle, and Base Notes

Essential oils are classified by their evaporation rate, which influences their role in a blend.

- **Top Notes:** These evaporate first (within 1–2 hours) and provide the initial impression. Typically light, fresh, and uplifting. *Examples: Lemon, Bergamot, Eucalyptus, Peppermint*
- **Middle Notes (Heart Notes):** These form the therapeutic body of the blend and last 2–4 hours. Often harmonizing and balancing. *Examples: Lavender, Geranium, Chamomile, Marjoram*
- **Base Notes:** These are long-lasting (4–8+ hours), grounding, and stabilize the aroma. *Examples: Patchouli, Sandalwood, Vetiver, Myrrh*

Suggested Blending Ratio: 1 part top : 2 parts middle : 1 part base

Note	Evaporation Time	Function	Examples
Top	1–2 hours	Initial impression	Lemon, Peppermint, Eucalyptus
Middle	2–4 hours	Therapeutic core	Lavender, Geranium, Rosemary
Base	4–8+ hours	Grounding & fixative	Vetiver, Patchouli, Myrrh

Understanding Scent Families

Scent families group essential oils by their aromatic character, helping professionals design blends with intention. By understanding these families, you can craft blends that are either harmonious within one family for consistency or layered across families for complexity and depth.

Each family offers distinct characteristics — from bright citrus to grounding woods — and pairing them thoughtfully elevates the aromatic and therapeutic experience.

Scent Family	Characteristics	Blends Well With	Examples
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Woody	Grounding, warm	Florals, spice, citrus	Cedarwood, Sandalwood, Frankincense
Minty	Cooling, sharp	Citrus, woods	Peppermint, Spearmint
Spicy	Warm, stimulating	Citrus, florals, woods	Clove, Cinnamon, Ginger
Resinous	Deep, earthy, smoky	Florals, spice, woods	Myrrh, Frankincense, Benzoin
Earthy	Musky, dense, anchoring	Citrus, florals, spice	Patchouli, Vetiver

Treatment Blend Inspiration

Designing essential oil blends for spa services is both an art and a science. Each treatment focus benefits from a thoughtful balance of top, middle, and base notes, creating an aromatic journey that supports the client's physical, emotional, and sensory experience.

Suggesting blends that align with the desired therapeutic outcome. Feel free to adapt these suggestions based on client preference, sensitivity, or seasonal focus — and remember to follow appropriate dilution guidelines for safe, effective application.

Service Focus	Suggested Oils
Calming Facial Massage	Lavender (middle), Frankincense (base), Orange (top)
Muscle Relief Massage	Marjoram (middle), Peppermint (top), Vetiver (base)
Mood-Boosting Pedicure	Geranium (middle), Grapefruit (top), Patchouli (base)
Clarity & Focus Ritual	Rosemary (middle), Lemon (top), Cedarwood (base)
Aromatic Bath Soak	Chamomile (middle), Lavender (middle), Sandalwood (base)

Massage therapists and estheticians are responsible for evaluating client health conditions, contraindications, and suitability of essential oil use.

Disclaimer:

This guide is intended for use by trained professionals. Essential oil use requires knowledge of individual client health status, allergies, and sensitivities. Always conduct a client consultation and patch test before applying new blends. Avoid essential oils during pregnancy, on broken skin, or in cases of medical contraindication without appropriate training. Universal Companies provides this information for educational purposes and is not responsible for misuse or adverse outcomes.



Blending Quick Reference

For Professional Use

Dilution Guidelines

Application	Dilution	Drops per 1 oz (30 mL)
Full-body massage	1.5–3%	9–18 drops
Facial care	0.5–1%	3–6 drops
Spot treatment	3–5%	18–30 drops
Hands/feet/reflexology	2–3%	12–18 drops
Bath (in dispersant)	N/A	5–10 drops total
Diffusion (100 mL water)	N/A	5–8 drops

Facial Note: Use only gentle, non-photosensitive oils. Always dilute to 1% or less.

Drop Conversion

Drops of EO	Approximate mL
20 drops	1 mL
40 drops	2 mL
60 drops	3 mL
100 drops	5 mL

Blending Ratio by Note Type

1 part top : 2 parts middle : 1 part base

Note	Evaporation	Examples
Top	1–2 hrs	Lemon, Peppermint, Eucalyptus
Middle	2–4 hrs	Lavender, Geranium, Chamomile
Base	4–8+ hrs	Vetiver, Patchouli, Myrrh

Scent Family Pairing Guide

Family	Blends Well With
Citrus	Florals, woods, herbs
Floral	Citrus, spice, woods
Woody	Florals, spice, citrus
Herbal	Citrus, spice, floral
Spicy	Citrus, woods, florals
Earthy	Florals, citrus, spice

Safety Guidelines for Professional Use

General Use Warnings

- For external use only. Do not ingest essential oils or apply undiluted directly to the skin.
- Always dilute in a suitable carrier oil or medium before topical application.
- Avoid contact with eyes, inner ears, mucous membranes, and broken or irritated skin.
- Discontinue use immediately if irritation, redness, or discomfort occurs.
- Keep all essential oils out of reach of children and pets.
- Store oils in dark glass bottles, tightly sealed, in a cool, dry location to preserve stability and reduce oxidation.

Professional Dilution Guidelines

Note: Always start with the lowest effective dilution when working with sensitive clients, elderly individuals, or immunocompromised populations.

These dilutions are based on industry best practices for licensed spa professionals:

Application Area	Recommended Dilution	Drops per 1 oz (30 mL) Carrier
Full-Body Massage	1.5%–3%	9–18 drops
Facial Treatments	0.5%–1%	3–6 drops
Spot Treatments	3%–5%	18–30 drops
Reflexology / Hand / Foot Care	2%–3%	12–18 drops
Bath/Hydrotherapy	5–10 drops per bath	Dilute in carrier oil or dispersant
Diffusion (100 mL water)	5–8 drops per cycle	

Contraindications & Special Considerations

Pregnancy & Lactation

Use extreme caution. Avoid unless trained or approved by a medical provider:

- Clary Sage, Rosemary, Cinnamon, Basil, Myrrh, Jasmine, Peppermint (especially in the third trimester)

Chronic Health Conditions

Avoid or use only under professional guidance:

- **Epilepsy:** Avoid Rosemary, Fennel, Eucalyptus, Sage
 - **High Blood Pressure:** Avoid Hyssop, Rosemary, Sage
 - **Asthma or COPD:** Use diffused oils cautiously and monitor for respiratory reactivity
 - **Hormone-sensitive conditions** (e.g., breast cancer, PCOS): Avoid Clary Sage, Fennel, Anise
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Photosensitive Oils – UV Exposure Warning

The following oils can increase skin sensitivity to sunlight or tanning beds for up to 24 hours after application:

- Bergamot (unless labeled bergaptene-free or FCF)
- Lemon
- Lime
- Grapefruit
- Bitter Orange
- Angelica Root

Avoid use on sun-exposed areas or cover the area post-treatment.

High-Risk Oils to Use with Caution

Due to dermal irritation, sensitization, or toxicity at higher concentrations, the following oils should be avoided or used only by advanced practitioners:

- Cinnamon Bark
- Clove Bud
- Oregano
- Wintergreen
- Sage (*Salvia officinalis* – thujone content)
- Fennel
- Eucalyptus (use cautiously with children or clients with neurological conditions)

Allergen Advisory

Some clients may react to naturally occurring constituents found in essential oils. Common potential allergens include:

- Limonene (citrus, pine)
- Linalool (lavender, coriander)
- Geraniol (rose, geranium)
- Citral (lemongrass, lemon myrtle)
- Eugenol (clove, cinnamon)

Recommended practice:

- Always perform a patch test with new oils or blends.
 - Include questions about allergies and sensitivities on all client intake forms.
 - Document and track client preferences and reactions for future visits.
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Storage & Shelf Life

- Most essential oils remain stable for 1–3 years.
 - **Shorter shelf life:** Citrus oils (12–18 months); prone to oxidation.
 - **Longer shelf life:** Resinous and woody oils like Patchouli or Sandalwood.
 - Discard oxidized oils—they may increase the risk of skin sensitization.
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Professional Best Practices

- Use glass or stainless-steel tools for blending—avoid plastic containers.
- Let custom blends rest 12–24 hours to allow aromatic integration.
- Always label custom blends with dilution ratio, date, and ingredients.
- Avoid heating oils directly in towel cabs—use proper warming techniques or indirect diffusion.
- Follow local and state regulatory guidelines for storage, documentation, and use.