

Homemade Cleaners & Lotions with Essential Oils

Carrier Oil, Lotion, or Cleaning Solution		Essential Oil 1% Dilution
Cups	Ounces	Teaspoons
1/4	2	1/8
1/2	4	1/4
1	8	1/2
4 (1 quart)	32	2 (10 ml)
16 (1 gallon)	128	8 (2T + 2tsp)