

Metric/Imperial Conversion

Standard Conversions

All Conversions are approximate.

Converting Liquid Cup Imperial Measure to Millilitres (ml)

1/2 fluid oz equals 15 mls

1 fluid oz equals 30 mls

1/4 cup (2 oz) equals 60 mls

1/3 cup (3 oz) equals 90 mls

1/2 cup (4 oz) equals 125 mls

1 cup (8 oz) equals 250 mls

1/4 teaspoon (tsp) = 1 ml

1/2 teaspoon (tsp) = 2 ml

1 teaspoon (tsp) = 5 ml

1 Tablespoon (Tbsp) = 15 ml

3 teaspoons = 1 Tablespoon

4 Tablespoons = 1/4 Cup

8 Tablespoons = 1/2 Cup

16 Tablespoons = 1 cup

Converting Imperial Weight to Grams (gm)

1/2 oz equals 15 gms

1 oz equals 30 gms

2 oz equals 60 gms

4 oz (1/4 lb) equals 125 gms

8 oz (1/2 lb) equals 227 gms

16 oz (1 lb) equals 454 gm

32 oz (2.2 lb) equals 1 Kg (1000 gms)

Converting ml to drops:

1 ml of essential oil = 20 - 25 drops

5 ml of essential oil = 90 - 100 drops

Table of Quantities for Using Essential Oils

A handy chart for making your own fragrant massage, lotion or bath oil blends.

Percent Dilution	Measured Carrier	Number of Drops	How to Use
1%	2 oz (60 ml) oil/emulsion	12 drops	Standard
2%	2 oz (60 ml) oil/emulsion	24 drops	Typical
4%	2 oz (60 ml) oil/emulsion	48 drops	Specific Treatments
1%	4 oz (120 ml)	24 drops	Children/Elderly
2%	4 oz (120 ml)	24 drops	Typical

Thank you! --Anita Nelson

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