

Essential Oil	Ingredient	Essential Oil Conversion
Basil	1 teaspoon dried basil or 1 tablespoon chopped fresh basil	1 toothpick Basil
Black Pepper	1 tablespoon ground black pepper	1 drop Black Pepper
Cardamom	1 tablespoon ground cardamom	1 drop Cardamom
Chamomile	1 tablespoon dried chamomile or 1 teaspoon fresh chamomile	1 toothpick Chamomile
Cilantro	1 teaspoon dried cilantro or 1 tablespoon fresh cilantro, chopped	1 toothpick Cilantro
Cinnamon	1 tablespoon ground cinnamon	1 drop Cinnamon
Clove	1 tablespoon ground clove	1 drop Clove
Coriander	1 tablespoon ground coriander	1 drop Coriander
Fennel	1 tablespoon chopped fresh fennel root	1 drop Fennel
Ginger	1 tablespoon dried ginger or 1 teaspoon chopped fresh ginger root	1 drop Ginger
Grapefruit	1 tsp grapefruit zest	1 drop Grapefruit
Green Mandarin	1 teaspoon green mandarin zest	1 drop Green Mandarin
Lavender	1 teaspoon dried lavender or 1 tablespoon fresh lavender, chopped	1 toothpick Lavender
Lemon	1 teaspoon lemon zest	1 drop Lemon
Lemongrass	1 teaspoon chopped fresh lemongrass	1 drop Lemongrass
Lime	1 teaspoon lime zest	1 drop Lime
Marjoram	1 teaspoon dried marjoram or 1 tablespoon chopped fresh marjoram	1 toothpick Marjoram
Orange	1 teaspoon orange zest	1 drop Orange
Oregano	1 teaspoon dried oregano or 1 tablespoon fresh chopped oregano	1 toothpick Oregano
Peppermint	1 teaspoon dried mint leaves or 1 tablespoon chopped fresh mint leaves	1 drop Peppermint
Pink Pepper	1 tablespoon ground pink pepper	1 drop Pink Pepper
Rosemary	1 teaspoon dried rosemary or 1 tablespoon chopped fresh rosemary	1 toothpick Rosemary
Sage	1 teaspoon dried sage or 1 tablespoon chopped fresh sage	1 toothpick Sage
Spearment	1 teaspoon dried mint leaves or 1 tablespoon chopped fresh mint leaves	1 drop Spearment
Tangerine	1 teaspoon tangerine zest	1 drop Tangerine
Thyme	1 teaspoon dried thyme or 1 tablespoon chopped fresh thyme	1 toothpick Thyme
Turmeric	1 tablespoon ground turmeric or 1 teaspoon chopped turmeric root	1 drop Turmeric