

# Vitality Conversion Guide

Measurement Conversion for Young Living Vitality Oils

TS = toothpick swirl  
tsp = teaspoon

Tbsp = tablespoon  
d = drop

Basil Vitality  
1 d = 1/2 tsp  
2 d = 1 tsp  
4 d = 1 Tbsp

Dill Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
3 d = 1 Tbsp

Oregano Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
2 d = 1 Tbsp

Black Pepper Vitality  
2 d = 1/2 tsp  
4 d = 1 tsp  
8 d = 1 Tbsp

Ginger Vitality  
1 ts = 1/2 tsp  
2 ts = 1 tsp  
1 d = 1 Tbsp

Peppermint Vitality  
3 ts = 1/2 tsp  
1 d = 1 tsp  
3 d = 1 Tbsp

Lavender Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
8 d = 1 Tbsp

Grapefruit Vitality  
2 d = 1/2 tsp  
4 d = 1 tsp  
8 d = 1 Tbsp

Rosemary Vitality  
1 d = 1/2 tsp  
2 d = 1 tsp  
4 d = 1 Tbsp

Celery Seed Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
2 d = 1 Tbsp

Lemon Vitality  
2 d = 1/2 tsp  
4 d = 1 tsp  
8 d = 1 Tbsp

Sage Vitality  
1 d = 1/2 tsp  
2 d = 1 tsp  
4 d = 1 Tbsp

Cinnamon Bark Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
2 d = 1 Tbsp

Lime Vitality  
2 d = 1/2 tsp  
4 d = 1 tsp  
8 d = 1 Tbsp

Tarragon Vitality  
2 ts = 1/2 tsp  
3 ts = 1 tsp  
2 d = 1 Tbsp

Clove Vitality  
1 ts = 1/2 tsp  
4 ts = 1 tsp  
1 d = 1 Tbsp

Nutmeg Vitality  
1 d = 1/2 tsp  
2 d = 1 tsp  
4 d = 1 Tbsp

Thyme Vitality  
2 ts = 1/2 tsp  
1 d = 1 tsp  
2 d = 1 Tbsp

Coriander Vitality  
2 ts = 1/2 tsp  
3 ts = 1 tsp  
1 d = 1 Tbsp

Orange Vitality  
2 d = 1/2 tsp  
4 d = 1 tsp  
8 d = 1 Tbsp