



## Supply List for Foundations of Aromatherapy Course

Essential Oils	Vegetable Oils	Other Material
<input type="checkbox"/> Roman chamomile <input type="checkbox"/> Clary sage <input type="checkbox"/> Cypress <input type="checkbox"/> <i>Eucalyptus globulus</i> <input type="checkbox"/> Fennel <input type="checkbox"/> Frankincense ( <i>Boswellia frereana</i> or <i>B. carteri</i> ) <input type="checkbox"/> Geranium <input type="checkbox"/> Ginger <input type="checkbox"/> Grapefruit <input type="checkbox"/> <i>Helichrysum italicum</i> <input type="checkbox"/> Juniper berry <input type="checkbox"/> Laurel, Bay <input type="checkbox"/> Lavender ( <i>L. angustifolia</i> ) <input type="checkbox"/> Lemon <input type="checkbox"/> Lemongrass <input type="checkbox"/> Mandarin / Tangerine <input type="checkbox"/> Sweet Orange <input type="checkbox"/> Patchouli <input type="checkbox"/> Peppermint <input type="checkbox"/> Pine, Scots <input type="checkbox"/> Rosemary ct. cineole <input type="checkbox"/> Tea tree <input type="checkbox"/> Vetiver <input type="checkbox"/> Ylang ylang Extra or complete (both are preferable)  **Recommend 5 - 10ml of each oil, perhaps 30ml of lavender!	<input type="checkbox"/> Almond, Sweet <input type="checkbox"/> Jojoba <input type="checkbox"/> Sesame <input type="checkbox"/> Sunflower <input type="checkbox"/> Rose Hip Seed <input type="checkbox"/> Tamanu Oil  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.	<input type="checkbox"/> Calendula herbal oil <input type="checkbox"/> Coconut <input type="checkbox"/> Beeswax <input type="checkbox"/> Castile Soap  **I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.  <b>Bottles and Jars, etc.</b> <input type="checkbox"/> Inhalers - 7 (to make inhalers) <input type="checkbox"/> Qty: 4 - 5 ml Dropper Bottles (to make synergies for diffuser/ inhalation, etc.) <input type="checkbox"/> Qty: 5 - 30ml Bottle (to make massage or facial oils) <input type="checkbox"/> Qty: 2 - 2 oz PET plastic spray bottles (to make room spritzer or facial toner with hydrosols) <input type="checkbox"/> Qty: 4 - 2 ounce PET jar (to make cream or scrub) <input type="checkbox"/> Qty: 4 - 25ml Glass Salve Jar (to make salve) <input type="checkbox"/> Qty: 2 - 2 or 4 ounce PET bottles with flip top (to make body cleansers)  **You may need more bottles and jars depending on how much blending you do.