

## **Supply List for Foundations of Aromatherapy Course**

□ Lavender ( <i>L. angustifolia</i> ) inhalation, etc.)	Essential Oils	Vegetable Oils	Other Material
□ Clary sage       □ Jojoba       □ Coconut         □ Cypress       □ Sesame       □ Beeswax         □ Fennel       □ Rose Hip Seed       □ Tamanu Oil         □ Frankincense (Boswellia frereana or B. carteri)       □ Tamanu Oil       **I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.         □ Ginger       □ Trecommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.       □ Bottles and Jars, etc.         □ Inhalers - 7 (to make inhalers)       □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)			
□ Cypress □ Sesame □ Castile Soap   □ Fennel □ Rose Hip Seed **I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.   □ Grapefruit □ Grapefruit   War is a commend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.   □ Juniper berry □ Laurel, Bay □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	Roman chamomile	□ Almond, Sweet	□ Calendula herbal oil
□ Eucalyptus globulus □ Fennel □ Rose Hip Seed □ Tamanu Oil □ Geranium □ Ginger □ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender (L. angustifolia) □ Sunflower □ Rose Hip Seed □ Tamanu Oil  **I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.  □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffusor inhalation, etc.)	clary sage	□ Jojoba	□ Coconut
□ Fennel □ Frankincense (Boswellia frereana or B. carteri) □ Geranium □ Ginger □ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender (L. angustifolia) □ Rose Hip Seed □ Tamanu Oil  **I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils. □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	] Cypress	□ Sesame	□ Beeswax
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or <i>B. carteri</i> )  □ Geranium  □ Ginger  □ Grapefruit  □ Helichrysum italicum  □ Juniper berry  □ Laurel, Bay  □ Lavender ( <i>L. angustifolia</i> )  □ Imanu Oil  ounces of beeswax and 4-8 ounces of all other material listed above.  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.  □ Uniper berry  □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )	] Fennel	□ Rose Hip Seed	
or <i>B. carteri</i> ) □ Geranium □ Ginger □ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other material listed above.  Bottles and Jars, etc. □ Inhalers - 7 (to make inhalers) □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	Frankincense ( <i>Boswellia frereana</i>	□ Tamanu Oil	
□ Ginger □ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )  **I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.  Bottles and Jars, etc. □ Inhalers - 7 (to make inhalers) □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	r <i>B. carteri</i> )		
□ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )  □ Grapefruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )  □ Grapefruit □ least 16 ounces of Sesame and Jars, etc. □ Inhalers - 7 (to make inhalers) □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	] Geranium		listed above.
□ Grapetruit □ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> )    Grapetruit   Ieast 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.   Inhalers - 7 (to make inhalers)   Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	] Ginger		Rottles and lars etc
□ Helichrysum italicum □ Juniper berry □ Laurel, Bay □ Lavender (L. angustifolia)  all other oils.  inhalers) □ Qty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	] Grapefruit	and Jojoba. 4-8 ounces for	□ Inhalers - 7 (to make
□ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> ) □ Cty: 4 - 5 ml Dropper Bottle (to make synergies for diffuso inhalation, etc.)	1 Helichrysum italicum		
□ Laurel, Bay □ Lavender ( <i>L. angustifolia</i> ) (to make synergies for diffuso inhalation, etc.)	Juniper berry		☐ Oty: 4 - 5 ml Dropper Bottles
	Laurel, Bay		(to make synergies for diffusor/
	Lavender ( <i>L. angustifolia</i> )		inhalation, etc.)
· · · · · · · · · · · · · · · · · · ·	] Lemon		□ Qty: 5 - 30ml Bottle (to make
□ Lemongrass massage or facial oils)	Lemongrass		massage or facial oils)
□ Mandarin / Tangerine □ Qty: 2 - 2 oz PET plastic	Mandarin / Tangerine		□ Qty: 2 - 2 oz PET plastic
□ Sweet Orange spray bottles (to make room spritzer or facial toner with	Sweet Orange		
□ Patchouli spritzer of facial toner with hydrosols)	] Patchouli		
□ Peppermint	Peppermint		□ Qty: 4 - 2 ounce PET jar (to
□ Pine, Scots □ Gty. 4 2 surfect 21 july (to	Pine, Scots		
□ Rosemary ct. cineole	Rosemary ct. cineole		□ Qty: 4 - 25ml Glass Salve Jar
☐ Tea tree (to make salve)	Tea tree		1
□ Vetiver □ Qty: 2 - 2 or 4 ounce PET	] Vetiver		Oty: 2 - 2 or 4 ounce PET
bottles with flip top (to make	,		bottles with flip top (to make
(both are preferable) body cleansers)	(both are preferable)		body cleansers)
**You may need more bottles	*December 4 10ml of each ail		
**Recommend 5 - 10ml of each oil, and jars depending on how perhaps 30ml of lavender! and jars depending on how much blending you do.	·		