



Supply List for Aromas and the Mind Course

We recommend that you have at least two or three essential oils from each category.

| Essential Oils | |
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| <p>Seeds: Caraway (<i>Carum carvi</i>) Cardamom (<i>Elettaria cardamomum</i>)* Carrot seed (<i>Daucus carota</i>) Coriander (<i>Coriandrum sativum</i>) Sweet Fennel (<i>Foeniculum vulgare</i> var. <i>dulce</i>)</p> <p>*More of a 'fruit' than a seed but has a similar affinity (digestive system) as seeds.</p> | <p>Leaves and Needles: Cypress (<i>Cupressus sempervirens</i>) Basil (<i>Ocimum basilicum</i> ct. <i>linalool</i>) Cistus syn. Rock rose (<i>Cistus ladaniferus</i>) Eucalyptus (<i>Eucalyptus</i> sp.) Fir (<i>Abies alba</i>) Fir, Balsam (<i>Abies balsamea</i>) Fir, Douglas (<i>Pseudotsuga menzies</i>) Geranium Bourbon (<i>Pelargonium graveolens</i>) Geranium (<i>Pelargonium roseum</i> x <i>asperum</i>) Laurel (<i>Laurus nobilis</i>) Lemongrass (<i>Cymbopogon citratus</i>) Marjoram, Sweet (<i>Origanum marjorana</i>) Myrtle (<i>Myrtus communis</i>) Niaouli (<i>Melaleuca viridiflora</i> syn. <i>quinquenervia</i>) Petitgrain (<i>Citrus aurantium</i> ssp <i>amara</i>) Peppermint (<i>Mentha</i> x <i>piperita</i>) Pinion Pine (<i>Pinus edulis</i>) Ravensara (<i>Ravensara aromatic</i>) Black Spruce (<i>Picea mariana</i>) Tea tree (<i>Melaleuca alternifolia</i>) Thyme (<i>Thymus vulgaris</i>)</p> |
| <p>Roots: Angelica root (<i>Angelica archangelica</i>) Ginger (<i>Zingiber officinale</i>) Nard/Jatamansi (<i>Nardostachys jatamansi</i>) Vetiver (<i>Vetiveria zizanioides</i>)</p> | |
| <p>Wood: Birch (<i>Betula lenta</i>) Cedarwood (<i>Cedrus atlantica</i>) Cedar (<i>Juniperus virginiana</i>) Blue Cypress (<i>Callitris intratropica</i>) Ho Wood (<i>Cinnamomum camphora</i> ct <i>linalool</i>) Rosewood (<i>Aniba rosaeodora</i>) Sandalwood (<i>Santalum</i> species)</p> | |

| Essential Oils | |
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| <p>Resins:</p> <p>Balsam Copaiba (<i>Copaifera officinalis</i>) Benzoin (<i>Styrax benzoin</i>) Elemi (<i>Canarium luzonicum</i>) Frankincense (<i>Boswellia thurifera</i>) Galbanum (<i>Ferula galbaniflua</i>) Myrrh (<i>Commiphora myrrhanea</i>)</p> | <p>Flowers:</p> <p>Chamomile, Roman (<i>Chamaemelum nobile</i>) Chamomile, German (<i>Matricaria chamomilla</i>) Clary sage (<i>Salvia sclarea</i>) Helichrysum (<i>Helichrysum italicum</i>) Inula (<i>Inula graveolens</i>) Jasmine absolute (<i>Jasminum officinale</i>) Lavender (<i>Lavandula angustifolia</i>) Neroli (<i>Citrus aurantium ssp. amara</i>)</p> |
| <p>Fruits:</p> <p>Bergamot (<i>Citrus bergamia</i>) Blood Orange (<i>Citrus sinensis</i>) Grapefruit (<i>Citrus paradise</i>) Kaffir Lime (<i>Citrus hystrix</i>) Lemon (<i>Citrus limon</i>) Lime (<i>Citrus medica</i>) Mandarin (<i>Citrus reticulata</i>) Orange, sweet (<i>Citrus sinensis</i>)</p> | |

Other Supplies to have:

- 5 - 5ml european dropper bottles (for synergies)
- 5 - 15-30ml european dropper bottles (for synergies)
- 15 Blank inhalers
- 4 to 8 fl ounces Aloe vera gel and gelly
- 1 - 2 ounces of Beeswax
- 4 to 8 fl ounces of Jojoba or Sesame oil
- 4 - 8 fl ounces liquid castile soap

These are for case studies as well as for your own personal use. You will be able to make salves, gels, hand cleansers, personal inhalers, and synergies for use in bath, diffuser, or massage oil.