



Supplies List for Butters, Balms and Salves Course

***Please note:** This course does not cover the therapeutics of each essential oil. You may consider our Free Introduction or our Foundations of Aromatherapy certification course to learn more about the therapeutics if you are not already certified in aromatherapy. The essential oil listing below are simply essential oils you could consider using in various balms, butters, and salves you create. We recommend having a diverse palette of essential oils, e.g. some citrus (the non-phototoxic ones when making body care products), some conifers (e.g. fir and pine), some herbs (e.g. spearmint or peppermint), a flower or two (e.g. rose and/or neroli - their expensive!), etc.

We also recommend choosing 2 core vegetable oils (e.g. jojoba and sesame) and at least 3 specialty oils (e.g. evening primrose, sea buckthorn, and rosehip seed oil) and at least two herbal oils (St. John's wort and calendula)

With the butters, I have found I use coconut, shea, and mango the most. Hope this is helpful!

Choice of Vegetable Oils		
<input type="checkbox"/> Sweet almond oil Prunus amygdalis var. dulcis	<input type="checkbox"/> Apricot kernel oil Prunus armeniaca	<input type="checkbox"/> Argan oil Argania spinosa
<input type="checkbox"/> Avocado oil Persea americana	<input type="checkbox"/> Baobab oil Adansonia digitata	<input type="checkbox"/> Borage seed oil Borago officinalis
<input type="checkbox"/> Camelina oil Camelina sativa	<input type="checkbox"/> Castor oil Ricinus communis	<input type="checkbox"/> Coconut oil Cocos nucifera
<input type="checkbox"/> Evening Primrose oil Oenothera biennis	<input type="checkbox"/> Grapeseed oil Vitis vinifera	<input type="checkbox"/> Hazelnut oil Corylus avellana
<input type="checkbox"/> Hemp seed oil Canabis sativa	<input type="checkbox"/> Jobba oil Simmondsia chinensis	<input type="checkbox"/> Marula oil Scelerocarya birrea
<input type="checkbox"/> Neem oil Azadirachta indica	<input type="checkbox"/> Olive oil Olea europaea	<input type="checkbox"/> Pomegranate oil Punica granatum
<input type="checkbox"/> Pumpkin seed oil Cucurbita maxima	<input type="checkbox"/> Rose Hip seed oil Rosa rubiginosa	<input type="checkbox"/> Safflower oil Carthamus tinctorius
<input type="checkbox"/> Sea Buckthorn oil Hippophae rhamnoides	<input type="checkbox"/> Sesame oil Sesamum indicum	<input type="checkbox"/> Sunflower oil Helianthus annuus
<input type="checkbox"/> Tamanu oil Calophyllum inophyllum		

Choice of Herbal Oils		
<input type="checkbox"/> Calendula Calendula officinalis	<input type="checkbox"/> Carrot Daucus carota subsp. sativa	<input type="checkbox"/> Chickweed Stellaria media
<input type="checkbox"/> Comfrey Symphytum officinale	<input type="checkbox"/> Echinacea Echinacea sp.	<input type="checkbox"/> Gota kola/Centella Centella asiatica
<input type="checkbox"/> Plantain Plantago lanceolata	<input type="checkbox"/> St Johns Wort Hypericum perforatum	<input type="checkbox"/> Yarrow Achillea millefolium
Other aromatic plants:		

Choice of Butters		
<input type="checkbox"/> Cocoa butter Theobroma cacao	<input type="checkbox"/> Coconut oil Cocos nucifera	<input type="checkbox"/> Illipe Butter Shorea Stenoptera
<input type="checkbox"/> Kpangnan Butter Pentadesma butyracea	<input type="checkbox"/> Kombo butter Pycnanthus angolensis	<input type="checkbox"/> Mango Butter Mangifera indica L.
<input type="checkbox"/> Shea Butter Butyrospermum parkii	<input type="checkbox"/> Virgin Palm Kernel oil Elaeis guineensis	

Other Supplies		
<input type="checkbox"/> Beeswax	<input type="checkbox"/> Double boiler	<input type="checkbox"/> gm/oz scale
<input type="checkbox"/> Candelilla wax	<input type="checkbox"/> Rosemary CO2 extract	<input type="checkbox"/> Vitamin E/Mixed tocopherols
<input type="checkbox"/> Glycerin	<input type="checkbox"/> Honey	<input type="checkbox"/> Cornstarch
<input type="checkbox"/> Arrowroot powder		

Jars and Tubes

(highly recommend exploring SKS packaging for ideas on packaging)

Butter Butters

- 1 ounce glass jar
- 2 ounce glass jar
- 4 ounce glass jar

Lip Balm

- Lip balm tubes
- Lip balm glass container
- Lip balm metal container

Body Balms

- Balm tubes (circular)
- Balm tubes (other shapes)
- Paperboard tubes

Potential Essential Oils to Consider

Choice of Essential Oils		
<input type="checkbox"/> Angelica root or seed Angelica archangelica	<input type="checkbox"/> Basil ct. linalol Ocimum basilicum	<input type="checkbox"/> Bergamot Citrus bergamia
<input type="checkbox"/> Birch Betula lenta	<input type="checkbox"/> Black pepper Piper nigrum	<input type="checkbox"/> Black spruce Picea mariana
<input type="checkbox"/> Cape chamomile Ericephalus punctulatus	<input type="checkbox"/> Cardamom Elettaria cardamomum	<input type="checkbox"/> Carrot seed Daucus carota
<input type="checkbox"/> Cedarwood Cedrus atlantica	<input type="checkbox"/> German chamomile Matricaria chamomilla syn. recutita	<input type="checkbox"/> Roman chamomile Chamaemelum nobile
<input type="checkbox"/> Cinnamon leaf or bark Cinnamomum zeylanicum	<input type="checkbox"/> Citronella Ceylon Cymbopogon nardus or Java C. winterianus	<input type="checkbox"/> Clary sage Salvia sclarea
<input type="checkbox"/> Clove bud <i>Eugenia caryophyllata</i>	<input type="checkbox"/> Cypress Cupressus sempervirens	<input type="checkbox"/> Elemi Canarium luzonicum
<input type="checkbox"/> Eucalyptus species <i>Eucalyptus globulus</i> <i>Eucalyptus radiata</i> <i>Eucalyptus citriodora</i> etc.	<input type="checkbox"/> Fennel <i>Foeniculum vulgare</i> var. dulce	<input type="checkbox"/> Fir, Balsam Abies balsamea
<input type="checkbox"/> Fir, Silver Abies alba	<input type="checkbox"/> Frankincense species Boswellia sp.	<input type="checkbox"/> Geranium, Rose Pelargonium roseum
<input type="checkbox"/> Geranium Pelargonium graveolens	<input type="checkbox"/> Ginger Zingiber officinale	<input type="checkbox"/> Grapefruit Citrus paradisi
<input type="checkbox"/> Helichrysum Helichrysum italicum	<input type="checkbox"/> Hyssop Hyssopus officinalis ssp. decumbens	<input type="checkbox"/> Jasmine Jasminum grandiflorum
<input type="checkbox"/> Jatamansi/Nard Nardostachys jatamansi	<input type="checkbox"/> Juniper berry Juniperus communis	<input type="checkbox"/> Laurel Laurus nobilis
<input type="checkbox"/> Lavender Lavandula angustifolia	<input type="checkbox"/> Lavender species L. stoechas, L. latifolia	<input type="checkbox"/> Lavandin Lavandula x intermedia
<input type="checkbox"/> Lemon Citrus x limon	<input type="checkbox"/> Lemongrass Cymbopogon citratus	<input type="checkbox"/> May chang Litsea cubeba
<input type="checkbox"/> Mandarin Citrus reticulata	<input type="checkbox"/> Sweet marjoram Origanum marjorana	<input type="checkbox"/> Melissa Melissa officinalis

Choice of Essential Oils		
<input type="checkbox"/> Myrtle, Green Myrtus communis	<input type="checkbox"/> Neroli Citrus aurantium var amara	<input type="checkbox"/> Niaouli / MQV Melaleuca quinquenervia
<input type="checkbox"/> Sweet Orange Citrus sinensis	<input type="checkbox"/> Palmarosa Cymbopogon martinii	<input type="checkbox"/> Palo santo Bursera graveolens
<input type="checkbox"/> Patchouli Pogostemon cablin	<input type="checkbox"/> Peppermint Mentha x piperita	<input type="checkbox"/> Petitgrain Citrus aurantium var amara
<input type="checkbox"/> Pinon Pine Pinus edulis	<input type="checkbox"/> Scotch Pine Pinus sylvestris	<input type="checkbox"/> Ravensara Ravensara aromatica
<input type="checkbox"/> Rose Rosa x damascena	<input type="checkbox"/> Rosemary chemotypes Rosmarinus officinalis	<input type="checkbox"/> Sandalwood species Santalum sp.
<input type="checkbox"/> White sage Salvia apiana	<input type="checkbox"/> Sage Salvia officinalis	<input type="checkbox"/> Spearmint Mentha spicata
<input type="checkbox"/> Tansy Tannacetum annum	<input type="checkbox"/> Tarragon Artemisia dracunculus	<input type="checkbox"/> Tea tree Melaleuca alternifolia
<input type="checkbox"/> Thyme chemotypes Thymus vulgaris	<input type="checkbox"/> Tulsi Ocimum sanctum	<input type="checkbox"/> Vetiver Vetiveria zizanioides
<input type="checkbox"/> Yarrow Achillea millefolium	<input type="checkbox"/> Ylang ylang fractions Cananga odorata	