



THE SCHOOL FOR AROMATIC STUDIES

Kits and Misc. Supplies List

Essential Oils: 5 - 10ml of each essential oil

- 1 Cypress (*Cupressus sempervirens*)
- 2 Yarrow (*Achillea millefolium*)
- 3 Sweet marjoram (*Origanum marjorana*)
- 4 Carrot (*Daucus carota*)
- 5 Clary sage (*Salvia sclarea*)
- 6 Roman chamomile (*Chamaemelum nobile*)
- 7 *Inula graveolens*
- 8 Bergamot (*Citrus bergamia*)
- 9 *Eucalyptus citriodora*
- 10 Rosemary ct. verbenone (*Rosmarinus officinalis*)
- 11 Thyme ct thymol (*Thymus vulgaris*)
- 12 Lemon (*Citrus limon*) expressed
- 13 Cinnamon bark (*Cinnamomum zeylanicum*)
- 14 Laurel (*Laurus nobilis*)
- 15 Exotic Basil (*Ocimum basilicum*) ct. methyl chavicol
- 16 *Eucalyptus radiata*
- 17 Peppermint (*Mentha x piperita*)
- 18 Lavender (*Lavandula angustifolia*)

Other supplies:

- Cocoa butter
- Sesame oil

2ndary kit: 5 - 10ml of each and 1-4 ounces of St. John's Wort oil

- 1 Myrtle (*Myrtus communis*)
- 2 Niaouli (*Melaleuca quinquinervia*)
- 3 Petitgrain (*Citrus aurantium* var. *amara*)
- 4 Cistus (*Cistus ladaniferus*)
- 5 Helichrysum (*Helichrysum italicum*)
- 6 St. John's Wort Herbal Oil (*Hypericum perforatum*)

Hydrosols Kit: Recommend 2 - 8 fl. oz. of each or at least 4 different hydrosols *Peppermint is quite unstable which is why it can be challenging to find. No worries if you don't have it.

- Sage (*Salvia officinalis*)
- Lavender (*Lavandula angustifolia*)
- Cistus (*Cistus ladaniferus*)
- Chamomile (German) (*Matricaria recutita*)
- Helichrysum (*H. italicum*)
- Witch hazel (*Hamamelis virginiana*)
- Thyme ct thymol (*Thymus vulgaris*)
- Peppermint (*Mentha x piperita*)
- Melissa (*Melissa officinalis*)
- Eucalyptus globulus*

Miscellaneous Supplies

- Double boiler
- Aluminum foil (to make suppository molds)
- White sugar (for cough syrup or cough drops)
- Glass measuring cups
- Blank tablets
- Dispersa
- Solubol
- Honey
- Size '0' or '00' capsules
- Capsule machine
- Olive oil, Sesame, or other vegetable oil to fill capsules
- Coconut oil
- Baking tray (for cough drops)
- Powdered sugar (for cough drops)
- Herbs (chosen based upon goal of formulation)