



THE SCHOOL FOR AROMATIC STUDIES

Aromatic Scholars Supply List

What do the codes mean?

- **K** - The material marked with a 'k' means we highly recommend you having this in your home kit. You can either have the 'k' oils as you begin the course or gather them over time.
- **FK** - These are essential oils we covered in our Foundations of Aromatherapy Level One Certification. If you studied Foundations with us, you may have these essential oils already.
- * = means we highly recommend that you have this essential oil.

Some of the material you can find readily at the local food coop or whole foods like store.

For vegetable oils, we have recommended the most common that you will use. For the herbal oils, some of the herbal oils we cover are ones you will want to make yourself. It is uncommon to find cottonwood, plantain, or some of the others (they have been noted), so if you don't have 'weeds' growing in your yard, plant some for next year! :-

The 'box' on the far left is for you to mark what you do have, so you can see what you need and what you don't need.

We highly recommend choosing your own favorite supplier or suppliers. We also provide a list of potential suppliers in Module One of the course.

Essential Oils covered in Aromatic Scholars: Level Two Aromatherapy Certification

Essential Oils			*	Kit?
	Common Name	Latin Name		
	Ammi	Ammi visnaga		
	Angelica root	Angelica archangelica	*	
	Angelica seed	Angelica archangelica		
	Balsam Fir	Abies balsamea	*	K
	Bergamot	Citrus aurantium ssp. bergamia	*	K
	Birch	Betula lenta		
	Black pepper	Piper nigrum	*	K
	Black Spruce	Picea mariana	*	K
	Blue Gum Eucalyptus	Eucalyptus globulus	*	K
	Cape Chamomile	Eriocephalus punctulatus	*	K
	Cardamom	Elettaria cardamomum	*	K
	Carrot seed	Daucus carota subsp. carota	*	K
	Cedarwood syn. Atlas Cedar	Cedrus atlantica	*	K
	Cinnamon bark	Cinnamomum zeylanicum		
	Cinnamon leaf	Cinnamomum zeylanicum	*	K
	Cistus	Cistus ladaniferus	*	K
	Citronella	Cymbopogon nardus	*	
	Clary sage	Salvia sclarea	*	**FK
	Clove bud	Eugenia caryophyllata	*	
	Coriander Seed	Coriandrum sativum	*	
	Cypress	Cupressus sempervirens	*	FK

Essential Oils			*	Kit?
	Douglas Fir	<i>Pseudotsuga menziesii</i>	*	K
	Elemi	<i>Canarium luzonicum</i>	*	
	Eucalyptus, Blue leafed mallee	<i>Eucalyptus polybractea</i> ct. <i>cryptone</i>		
	Eucalyptus, Ironbark	<i>Eucalyptus stageriana</i>	*	K
	Eucalyptus, Narrow leafed peppermint	<i>Eucalyptus radiata</i>		
	Frankincense	<i>Boswellia carteri</i> syn. <i>Boswellia sacra</i>	*	FK
	Geranium	<i>Pelargonium graveolens</i>	*	FK
	German Chamomile	<i>Matricaria recutita</i>	*	K
	Ginger	<i>Zingiber officinale</i>	*	FK
	Grapefruit	<i>Citrus x paradisi</i>	*	FK
	Green Myrtle	<i>Myrtus communis</i>	*	
	Helichrysum	<i>Helichrysum italicum</i>	*	FK
	Hyssop	<i>Hyssopus officinalis</i> ssp. <i>decumbens</i>		
	Hyssop ct. 1,8 cineole	<i>Hyssopus officinalis</i>		
	Inula	<i>Dittrichia graveolens</i> syn. <i>Inula graveolens</i>	*	K
	Jasmine	<i>Jasminum grandiflorum</i> syn. <i>Jasminum officinale</i> forma <i>grandiflorum</i>	*	
	Jatamansi / Nard	<i>Nardostachys jatamansi</i>		
	Juniper	<i>Juniperus communis</i>	*	FK
	Laurel	<i>Laurus nobilis</i>	*	FK
	Lavander stoechas	<i>Lavandula stoechas</i>		
	Lavandin	<i>Lavandula x intermedia</i>	*	K
	Lavender	<i>Lavandula angustifolia</i>	*	FK
	Lemon	<i>Citrus limon</i>	*	FK

Essential Oils			*	Kit?
	Lemon Eucalyptus	Eucalyptus citriodora		
	Lemongrass	Cymbopogon citratus	*	FK
	Litsea cubeba / May chang	Litsea cubeba		
	Mandarin	Citrus reticulata	*	FK
	Melissa	Melissa officinalis		
	Mondarda	Monarda fistulosa	*	K
	Myrrh	Commiphora myrrha syn. Commiphora molmol		
	Neroli (flos.) *Flowers	Citrus aurantium var. amara	*	
	Niaouli	Melaleuca quinquenervia	*	K
	Nutmeg	Myristica fragrans		
	Palmarosa	Cymbopogon martinii	*	K
	Palo Santo	Bursera graveolens		
	Patchouli	Pogostemon cablin	*	FK
	Peppermint	Mentha x piperita	*	FK
	Peppermint Eucalyptus	Eucalyptus dives		
	Petitgrain (lvs.) *leaves	Citrus aurantium var. amara	*	K
	Pine, Maritime	Pinus pinaster	*	K
	Pinon Pine	Pinus edulis	*	
	Ravintsara ct cineole	Cinnamomum camphora		
	Roman chamomile	Chamaemelum nobile	*	FK
	Rose	Rosa x damascena		
	Rosemary ct. camphor	Rosmarinus officinalis	*	
	Rosemary ct. cineole	Rosmarinus officinalis	*	FK

Essential Oils		*	Kit?	
	Rosemary ct. verbenone	Rosmarinus officinalis	*	K
	Sage	Salvia officinalis	*	K
	Sandalwood	Santalum album or Santalum austrocaledonica	*	
	Saro	Cinnamosma fragrans	*	K
	Scots Pine	Pinus sylvestris	*	K
	Silver Fir	Abies alba	*	
	Spanish Sage	Salvia lavandulaefolia	*	K
	Spearmint	Mentha spicata	*	K
	Spike lavender	Lavandula latifolia	*	Kit?
	Sweet Fennel	Foeniculum vulgare var. dulce	*	FK
	Sweet Marjoram	Origanum marjorana	*	K
	Sweet orange	Citrus sinensis	*	FK
	Tansy, Blue	Tanacetum annuum	*	
	Tarragon	Artemisia dracunculus	*	K
	Tea tree	Melaleuca alternifolia	*	FK
	Thyme ct. borneol	Thymus vulgaris		
	Thyme ct. geraniol	Thymus vulgaris	*	K
	Thyme ct. linalol	Thymus vulgaris	*	K
	Thyme ct. thujanol-4	Thymus vulgaris		
	Thyme ct. thymol	Thymus vulgaris	*	K
	Turmeric	Curcuma longa	*	K
	Valerian	Valeriana officinalis	*	
	Vetiver	Vetiveria zizanioides	*	FK
	White Sage	Salvia apiana		

Essential Oils			*	Kit?
	Winter Savory	Satureja montana	*	K
	Wintergreen	Gaultheria fragrantissima	*	
	Yarrow	Achillea millefolium	*	
	Ylang ylang	Cananga odorata	*	FK

Vegetable Oils covered in the Aromatic Scholars

Vegetable Oils			Recommended Quantity	In Kit?
	Sweet Almond	<i>Prunus amygdalis var. dulcis</i>	2-4 ounces	
	Apricot kernel	<i>Prunus armeniaca</i>	2 ounces	
	Argan	<i>Argania spinosa</i>	1 ounce	
	Avocado	<i>Persea americana</i>	1 ounce	
	Baobab	<i>Adansonia digitata</i>	4 ounces	
	Borage seed	<i>Borago officinalis</i>	2 ounces	
	Camelina	<i>Camelina sativa</i>	Not required	
	Castor	<i>Cocos nucifera</i>	Not required: used for castor packs and to produce glossy product (e.g. lip gloss)	
	Coconut	<i>Cocos nucifera</i>	16-32 ounces	
	Evening Primrose Oil	<i>Oenothera biennis</i>	2 ounces	
	Grapeseed	<i>Vitis vinifera</i>		
	Hazelnut	<i>Corylus avellana</i>		

Vegetable Oils		Recommended Quantity	In Kit?
Hemp seed oil	<i>Canabis sativa</i>		
Jjoba	<i>Simmondsia chinensis</i>	16-32 ounces	
Marula	<i>Scelerocara birrea</i>		
Olive	<i>Olea europaea</i>	1 gallon	
Palm kernel	<i>Elaeis guineensis</i>		
Rosehip seed	<i>Rosa canina</i> or <i>Rosa rubignosa</i>	2 - 4 ounces	
Safflower	<i>Carthamus tinctorius</i>		
Sea Buckthorn	<i>Hippophae rhamnoides</i>	1 ounce	
Sesame	<i>Sesamum indicum</i>	4 ounces	
Sunflower	<i>Helianthus annuus</i>		
Tamanu oil	<i>Calophyllum inophyllum</i>	1 ounce	

Herbal Oils covered in the Aromatic Scholars Course

Herbal Oils			Recommended Qty	In Kit?
	Arnica	<i>Arnica montana</i>	2-4 ounces	
	Calendula	<i>Calendula officinalis</i>	4 ounces	
	Carrot	<i>Daucus carota</i> subsp. <i>sativus</i>	2 ounces or make your own	
	Chickweed	<i>Stellaria media</i>	**	
	Comfrey root and/or leaf	<i>Symphytum officinale</i>	** or 1-2ounces	
	Cottonwood	<i>Populus balsamifera</i>	**	
	Echinacea	<i>Echinacea angustifolia, E. pallida, and E. purpurea</i>	**	
	Gota kola	<i>Centella asiatica</i>	**	
	Plantain	<i>Plantago lanceolata, P. major, or P. media</i>	**	
	Pokeweed	<i>Phytolacca americana</i>	**	
	St. Johns Wort	<i>Hypericum perforatum</i>	2-4 ounces	
	Yarrow	<i>Achillea millefolium</i>	**	
<p>You can utilize herbal oils in massage oils, creams, lotions, gels, cleansers, and salves.</p> <p>**These herbal oils are ones you can make yourself each spring to early summer. Plan ahead to make your batch each year.</p>				

Hydrosols covered in the Aromatic Scholars Course

Hydrosols		Recommended Qty	In Kit?
	German chamomile <i>Matricaria recutita</i>	2-4 ounces	
	Roman chamomile <i>Chamaemelum nobile</i>		
	Clary sage <i>Salvia sclarea</i>		
	Rose Geranium <i>Pelargonium roseum</i>	2-4 ounces	
	Helichrysum <i>Helichrysum italicum</i>	4-8 ounces	
	Lavender <i>Lavandula angustifolia</i>	4-8 ounces	
	Melissa <i>Melissa officinalis</i>	1 ounce	
	Orange flower <i>Citrus aurantium</i> var. <i>amara</i>	4 ounces	
	Peppermint <i>Mentha x piperita</i>	1 ounce	
	Rose <i>Rosa damascena</i>	4 ounces	
	Rosemary <i>Rosmarinus officinalis</i>	2 ounces	
	Witch hazel <i>Hammamelis virginiana</i>	4 ounces	
	Yarrow <i>Achillea millefolium</i>	2 ounces	
You will utilize hydrosols in gels, cleansers, creams, clays, baths, and toners.			

Other Supplies

Other Supplies			
	Castile Soap	8-16 ounces	For cleansers, body and face
	Aloe vera gel	8-16 ounces	For gels, hand or body gels
	Beeswax	4-8 ounces	For cream and salve making
	Glycerin or honey	4 ounces	For cleansers, body and face
	Sea salt (can get at local Wholefoods or Coop in bulk section)	4 lbs	For scrubs and baths
	Oats	1 small bag (4 ounces)	For facial scrub
	Organic Blue Cornmeal	1 small bag	For facial scrub
	Organic cotton cosmetic pads	1 bag	For Inhalers: to replace cotton pad that comes with inhalers

Qty	Bottles / Jars / Inhalers		
4-6	2 or 4-ounce bottle (PET or Glass) with flip top		For cleansers, toners, and gels
6-12	1 or 2 ounce jars (preferably glass)		For creams, gels, salves, clays
4-6	4-ounce jar (PET or Glass)		For salt scrubs
12	Inhaler tubes		
6-8	2 ounce Boston Round with phenolic lid		For massage oils

Please note: The quantity of each item is assuming that you will be needing these for your case studies as well as for the experiential work assignments.