

## Supply List for Foundations of Aromatherapy Course

Essential Oils		Other Material
<input type="checkbox"/> Roman chamomile ( <i>Chamaemelum nobile</i> ) <input type="checkbox"/> Clary sage ( <i>Salvia sclarea</i> ) <input type="checkbox"/> Cypress ( <i>Cupressus sempervirens</i> ) <input type="checkbox"/> Eucalyptus globulus <input type="checkbox"/> Fennel ( <i>Foeniculum vulgare</i> ) <input type="checkbox"/> Frankincense ( <i>Boswellia frereana</i> or <i>B. carteri</i> ) <input type="checkbox"/> Geranium ( <i>Pelargonium x asperum</i> ) <input type="checkbox"/> Ginger ( <i>Zingiber officinale</i> ) <input type="checkbox"/> Grapefruit ( <i>Citrus paradisi</i> ) <input type="checkbox"/> Helichrysum italicum <input type="checkbox"/> Juniper berry ( <i>Juniperus communis</i> ) <input type="checkbox"/> Laurel ( <i>Laurus nobilis</i> ) <input type="checkbox"/> Lavender ( <i>Lavandula angustifolia</i> ) <input type="checkbox"/> Lemon ( <i>Citrus limon</i> ) <input type="checkbox"/> Lemongrass ( <i>Cymbopogon citratus</i> ) <input type="checkbox"/> Mandarin ( <i>Citrus reticulata</i> ) <input type="checkbox"/> Sweet Orange ( <i>Citrus sinensis</i> ) <input type="checkbox"/> Patchouli ( <i>Pogostemon cablin</i> ) <input type="checkbox"/> Peppermint ( <i>Mentha x piperita</i> ) <input type="checkbox"/> Pine, Scots ( <i>Pinus sylvestris</i> )	<input type="checkbox"/> Rosemary ct. cineole ( <i>Rosmarinus officinalis</i> ) <input type="checkbox"/> Tea tree ( <i>Melaleuca alternifolia</i> ) <input type="checkbox"/> Vetiver ( <i>Chrysopogon zizanioides</i> syn. <i>Vetiveria zizanioides</i> ) <input type="checkbox"/> Ylang ylang ( <i>Cananga odorata</i> ) Extra or complete *We recommend both  <b>**Recommend 5 - 10ml of each oil, perhaps 30ml of lavender!</b>	<input type="checkbox"/> Calendula herbal oil <input type="checkbox"/> Coconut <input type="checkbox"/> Beeswax <input type="checkbox"/> Castile Soap  <b>**I recommend at least 2 ounces of beeswax and 4-8 ounces of all other material listed above.</b>  <b>Bottles and Jars, etc.</b> <input type="checkbox"/> Inhalers - 7 (to make inhalers) <input type="checkbox"/> Qty: 4 - 5 ml Dropper Bottles (to make synergies for diffusor/inhalation, etc.) <input type="checkbox"/> Qty: 5 - 30ml Bottle (to make massage or facial oils) <input type="checkbox"/> Qty: 2 - 2 oz PET plastic spray bottles (to make room spritzer or facial toner with hydrosols) <input type="checkbox"/> Qty: 4 - 2-ounce PET jar (to make cream or scrub) <input type="checkbox"/> Qty: 4 - 25ml Glass Salve Jar (to make salve) <input type="checkbox"/> Qty: 2 - 2- or 4-ounce PET bottles with flip top (to make body cleansers)  <b>**You may need more bottles and jars depending on how much blending you do.</b>
	<b>Vegetable Oils</b> <input type="checkbox"/> Almond, Sweet <input type="checkbox"/> Jojoba <input type="checkbox"/> Sesame <input type="checkbox"/> Sunflower <input type="checkbox"/> Rose Hip Seed <input type="checkbox"/> Tamanu Oil  <b>**I recommend getting at least 16 ounces of Sesame and Jojoba. 4-8 ounces for all other oils.</b>	