



Foundations of Aromatherapy

CLASS SUPPLY LIST

ESSENTIAL OILS

- Roman Chamomile (*Chamaemelum nobile* syn. *Anthemis nobilis*)
- Clary sage (*Salvia sclarea*)
- Cypress (*Cupressus sempervirens*)
- Eucalyptus (*Eucalyptus globulus*)
- Fennel (*Foeniculum vulgare*)
- Frankincense (*Boswellia carterii* syn. *sacra*)
- Geranium (*Pelargonium graveolens*)
- Ginger Root (*Zingiber officinale*)
- Grapefruit (*Citrus paradisi* (pink or white))
- Helichrysum (*Helichrysum italicum*)
- Juniper berry (*Juniperus communis*)
- Laurel (*Laurus nobilis*)
- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)
- Lemongrass (*Cymbopogon citratus*)
- Mandarin/ Tangerine (*Citrus reticulata*)
- Sweet Orange (*Citrus sinensis*)
- Patchouli (*Pogostemon cablin*)
- Peppermint (*Mentha x piperita*)
- Scots Pine (*Pinus sylvestris*)
- Rosemary (ct. *cineole Rosmarinus officinale* ct. *cineole*)
- Tea Tree (*Melaleuca alternifolia*)
- Vetiver (*Vetiveria zizanoides*)
- Ylang Ylang (*Cananga odorata*)

(3-5ml of each)

CARRIER OILS

I recommend having at least one carrier oil from each group.

- Almond, Sweet
- Apricot kernel
- Argan
- Baobab
- Coconut
- Jojoba
- Sesame
- Sunflower (oleic-acid rich)

- Avocado
- Borage
- Evening Primrose
- Pomegranate
- Raspberry
- Rosehip seed
- Tamanu
- Calendula

HYDROSOLS

- Lavender
- Rose
- German chamomile

(2-4 oz of each)



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PRODUCT MAKING SUPPLIES

BODY OIL SUPPLIES

- 4 or 8oz PET or Glass bottle with flip top or cap is fine too
- Carrier oil of choice

FACIAL OIL SUPPLIES

- 1 or 2 oz PET or Glass bottle with dropper top or cap is fine too
- Carrier oil of choice

CREAM OR LOTION SUPPLIES

- Unscented cream or lotion base
- 1 or 2oz PET or glass jar for cream
- 4 or 8oz PET bottle with pump lid for lotion

ROLL-ON SUPPLIES

- 2 or 3 roll-on bottles
- Carrier oil of choice

CLEANSER SUPPLIES

- 4 to 8oz PET bottle with flip top
- Unscented Castille Soap
- Optional: a hydrosol, honey

TONER SUPPLIES

- 1 or 2 hydrosols
- 4 to 8oz PET or glass bottle with spray top

INHALER SUPPLIES

- 2 or 3 blank plastic or metal inhaler tubes

BATH SUPPLIES

- Sea salt, Epsom salt, or Himalayan salt
- Carrier oil of choice

AROMATIC SPRITZER SUPPLIES

- 4 to 8oz bottle with spray top
- Distilled water

SUGAR OR SALT BODY SCRUB

- 4 to 8 oz (PET or Glass) jar
- Cane sugar or Sea Salt (fine)
- Carrier oil of choice

GEL SUPPLIES

- 1 or 2oz bottle with flip top or cap
- Aloe vera gel
- Optional: a hydrosol

SALVE SUPPLIES

- 1 to 4 ounces beeswax
- Carrier oil of choice
- 1/2 oz to 1oz tins or glass jars

**All supplies I use and recommend can be found in my amazon favorites under Aromatherapy School Supplies



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OTHER SUPPLIES

TOOLS OF THE TRADE

- Small digital scale
- Pyrex 2 to 4 cup glass measuring cup or double boiler
- smell strips (optional)

HOME SUPPLIES

- Paper towels
- Glass bowls
- Stainless steel spoon or fork

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