



Foundations of Aromatherapy

CLASS SUPPLY LIST

Essential Oils

- Roman Chamomile
- Clary sage
- Cypress
- Eucalyptus globulus
- Fennel, Sweet
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Helichrysum
- Juniper berry
- Laurel
- Lavender
- Lemon
- Lemongrass
- Mandarin
- Sweet Orange
- Patchouli
- Peppermint
- Pine Scots
- Rosemary
- Tea Tree
- Vetiver
- Ylang Ylang

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)

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

Herbal Oil

- Calendula

Hydrosols

- Lavender
- Rose
- German chamomile





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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**

- 8 or 16 oz jar (PET or Glass)
- 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





The Carrier Oil Palette

OTHER SUPPLIES

Tools of the Trade

- Small digital scale
(<https://amzn.to/3ZtDltB>)
- Pyrex 2 to 4 cup glass measuring cup
- Set of glass beakers
(<https://amzn.to/3H4mRXb>)
- Smell strips (<https://amzn.to/3iy15Bl>)

Home supplies

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

Note: Links are for affiliate account.

