



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)

.....

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

HYDROSOLS

- Lavender
- Rose
- German chamomile



Foundations of Aromatherapy

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



Foundations of Aromatherapy

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

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