



**MOONLORE**  
Aromatherapy Studies

# 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

### Herbal Oil

Calendula

### Carrier Oils

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

#### GROUP 1:

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

#### GROUP 2:

Avocado  
Borage  
Evening Primrose Pomegranate  
Raspberry  
Rosehip seed  
Tamanu

### 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
- Carrier oil of choice

#### Facial Oil Supplies

- 1 or 2 oz PET or Glass bottle with dropper top or cap
- 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 - 10mL
- Carrier oil of choice

#### Cleanser Supplies

- 4 to 8oz PET bottle with flip top
- Unscented Castille Soap

#### 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 Supplies

- 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



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# Foundations of Aromatherapy CLASS SUPPLY LIST

## Tools of the Trade

Small digital scale  
Pyrex 2 to 4 cup glass measuring cup  
Set of glass beakers  
Smell strips

## Home Supplies

Paper towels  
Glass bowls  
Stainless steel spoon or fork