



Supply list for the *Herbal Stress Management for Fall* class

Essential oils

Two essential oil suppliers that I trust because they include independent laboratory testing results for each batch of essential oils that they sell are Rocky Mountain Oils and Plant Therapy. Look over the projects that you want to complete for the course and only order the essential oils for those projects. You won't need to order all these essential oils to complete the course.

5 ml of each of these Essential Oils

- Balm mint bush essential oil
- Fir needle essential oil
- Frankincense essential oil (*Boswellia carteri*)
- Geranium Bourbon essential oil
- Grapefruit essential oil
- Lavender essential oil
- Roman Chamomile essential oil
- Spearmint essential oil
- Tangerine essential oil **or** sweet orange essential oil **or** mandarin essential oil

Dried Herbs

You'll want a 3 ounces (100 grams) to 1/4 pound of each of these dried herbs and 60 grams or 2 ounces of the powdered spices to complete the projects. You may already have some of these in your pantry. If you need to purchase supplies I recommend Mountain Rose Herbs or Starwest Botanicals for quality, organic herbs and spices. Starwest Botanicals herbs are available on Amazon. Only order the herbs and spices that you will need to complete the projects that you've chosen to make for the course. You won't need to order all of the herbs and spices on this list.

- Bayberry bark, dried, cut
- Calendula petals, dried or fresh
- Cardamom, powdered
- Catnip, dried
- Cedar leaf, cut small
- Chamomile, dried
- Cinnamon stick
- Cinnamon, powdered
- Cloves, whole
- Elderberry, whole
- Ginger, powdered
- Holy basil leaf, dried



- Lavender buds, dried
- Lemon balm, dried
- Lemongrass, dried
- Mugwort, dried
- Nutmeg, freshly grated
- Peppermint, dried
- Pine needles, cut small
- Rosehip pieces, dried
- Rosemary, dried
- Stinging nettle leaf, dried

Carrier Oils

You'll need about 50 ml total carrier oils to complete the projects in this class. Carrier oils can be found at Plant Therapy, but you can also use quality cold pressed cooking oils.

You can use other carrier oils, the following are suggestions.

50 ml or 2 ounces Carrier Oils

- extra virgin olive oil
- sweet almond oil
- grape seed oil

Miscellaneous

- Essential oil personal inhaler
- essential oil roller ball bottle
- press and seal tea bags