

Equipment required:

2 blending beakers
Stirrers – Eileen will advise

Essential oils

We will be covering 42 essential oils & some more (see end of page)

You will be required to have essential oils for each class. We recommend you obtain these in advance of the class each month or at the start of class. The essential oils are broken down between the lectures. You will need to have the oils on the list for each lecture. Blending will commence at first lecture. You are welcome to use any oils you already have; they do not need to be from the one supplier.

Carrier oils

The same applies for the carrier oils. You will require to have the oils on the list for each lecture. Blending will commence at first lecture.

Blending/storage bottles

30ml blue glass or amber glass bottles x 20
5ml blue glass or amber glass bottles x 20

These can be obtained from an Irish Company called Bomar. They are based in Wicklow – www.bomar.ie. Bomar stock a wide range of aromatherapy equipment, essential oils, carrier oils and natural product making equipment. They also have student packs available.

Also – source at next to nature – Navan- they will give a discount to GTC students

Address Labels – These are required for writing up blends and labelling your oils.

Books- An introduction to Aromatherapy by Louise Tucker- very useful but we have a very similar manual so up to you.

- Note pad, pens, hard-back notebook for recording your blends/ideas/notes on aromatherapy
- Folder for blending sheets.

Aroma class oils we will use per class

Lectures are broken over a couple of evenings – so lecture one could take 2 or

3 classes etc.

Lecture 1

Essential oils: Lavandin, lavender, lavender spike, Lemon, clary sage

Carrier oils: Almond, Coconut

- **Lecture 2**
Essential oils: Rosemary, Ylang, Ylang, Eucalyptus Globulus, Geranium, Chamomile Roman, Tea Tree
Carrier oils: Jojoba, Peach Kernel, Grapeseed
- **Lecture 3**
Essential oils: Marjoram, Grapefruit, Neroli, Sandalwood, Rosa Damascena, Rosa Centifolia, Lemongrass
Carrier oils: Sunflower, Avocado, Wheatgerm
- **Lecture 4**
Essential oils: Basil, Benzoin, Cedarwood, Chamomile German, Cypress, Frankincense, Ginger Orange sweet, Orange bitter
Carrier oils: Carriers: Apricot kernel, Castor oil, Hazelnut, Macadamia, Linseed, Olive oil, Peanut oil, Sesame Seed, Evening Primrose, Walnut oil, Soya oil
- **Lecture 5**
Essential oils: Bergamot, Eucalyptus Citriodora, Eucalyptus Dives, Eucalyptus Smithii, Jasmine, Juniper, Mandarin, Myrrh, Patchouli, Black pepper, Peppermint, Petitgrain, Thyme, Vetiver

The rest will be advised as we progress along

List of essential oils

Basil	Benzoin	Bergamot
Cedarwood atlas	Chamomile german	Chamomile roman
Clarysage	Cypress	Tea Tree
Eucalyptus Globulus	Eucalyptus citriodora	Eucalyptus dives
Eucalytus smithii	Vetiver	Sandalwood

Fennel

Frankincense

Rosemary

Geranium

Ginger

Grapefruit

Jasmine

Juniper

Rose Damask

Lavandin

Lavender True

Lavender spike

Lemon

Lemongrass

Rose Cabbage

Mandarin

Marjoram (sweet)

Myrrh

Neroli

Orange (sweet)

Orange (bitter)

Patchouli

Pepper (Black)

Peppermint

Pettigrain

Ylang Ylang

Thyme

List of Carrier Oils Class

Almond

Apricot Kernel

Avocado

Castor Oil

Coconut

Grapeseed

Evening Primrose

Peanut

Walnut

Hazelnut

Jojoba

Wheatgerm

Linseed

Peach Kernel

Sesame

Macadamia

Soya

Sunflower

Olive