



# What you'll need to complete this class

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- Blank book or small journal
- Pen
- Makeup Bag or small first aid container that can be closed for travel

## Grocery Store Herbs:

- Ginger root, fresh

## Dried Herbs:

2 ounces is enough of all these herbs with the exception of lavender, which requires about 4 ounces of herb as it shines in 3 different recipes. If you are allergic to lavender, sweet marjoram is a reasonable substitute for lavender.

- Arnica flowers
- Bee balm or Monarda leaves and flowers
- Chamomile Flowers
- Comfrey leaves
- Lavender Flowers
- Lemon Balm Leaves
- Marshmallow root
- Mullein flower (fresh or dried)
- Peppermint Leaves
- Plantain leaves
- Sage leaves
- Thyme or oregano
- Yarrow leaves and flowers

## Essential Oils

- Cajuput
- Eucalyptus
- Lavender
- Peppermint
- Rosemary
- Tea Tree



### **Miscellaneous Ingredients:**

- Cocoa Butter (2 ounces)
- Beeswax (2 ounces)
- Activated Charcoal (1 ounce)
- Olive Oil
- Sugar
- Honey
- Green Tea
- Natural vitamin E capsules

### **Equipment:**

- 10 ml Roller Bottles
- 2 ounce Salve Tins
- Press and Seal Tea Bags (Small and Large)
- Wide-mouth pint jars
- Saucepan
- Glass Measuring cup
- Measuring spoons