

**Botanical Skin Care Course: Starter Ingredient List**

*You can certainly get started crafting your own skin care apothecary with just a handful of ingredients! If you're brand new to DIY skin care or herbalism or you're stocking your pantry from scratch, this starter list will set you up to begin experimenting with the basic preparations that are used throughout the course.*

<b>You'll need at least one of each of these items:</b>	<b>Other basic ingredients:</b>	<b>Most commonly used herbs:</b>	<b>Equipment:</b>
<p>Carrier oil (e.g., sweet almond, sunflower, olive)                      Specialty oil (e.g., rosehip seed, argan, baobab)                      Butter (e.g., shea, cocoa, mango)                      Hydrosol (e.g., lavender, rose, witch hazel)</p>	<p>Aloe gel                      Apple cider vinegar                      Baking soda                      Beeswax (or vegan alternative)                      Castile soap                      Distilled water                      Essential oil of choice (optional in all recipes)                      Epsom salt                      Raw honey                      Kaolin white clay (suitable for all skin types)                      Natural preservative (e.g., Leucidal liquid SF, PhytoCide aspen bark)                      Rolled oats                      Sea salt                      Sugar                      Vegetable glycerin                      Vitamin E oil                      Xanthan gum</p>	<p>Calendula flower                      Chamomile flower                      Comfrey leaf and root                      Green tea leaf                      Lavender bud                      Licorice root                      Marshmallow root                      Peppermint leaf                      Plantain leaf                      Rose petal                      Thyme aerial parts                      Tulsi aerial parts                      Yarrow aerial parts</p>	<p>Blender                      Ceramic, glass, or stainless steel bowls                      Cheesecloth                      Funnels                      Heat-safe glass canning jars                      Heat-safe glass measuring cup                      Immersion blender                      Measuring cups and spoons                      Metal strainer                      Mortar and pestle                      Rubber spatula                      Scale                      Silicone molds                      Spice grinder                      Stainless steel or enamel pot(s)                      Thermometer</p> <p><i>For finished preparations:</i>                      Deodorant and lip balm tubes                      Glass jars and bottles with caps, droppers, spray, and pump tops                      Squeeze bottles                      Tins</p>

## Botanical Skin Care Course: Complete Ingredient List

*We've also compiled this full list below to give our students a sense of all of the ingredients used in the recipes, but we wholeheartedly encourage you to take the time to review the course lessons (as well as the specific botanical names for these plants, hydrosols, and essential oils, and whether herbs are used as their whole parts or powdered) and choose recipes that are interesting to you and appropriate for your needs before buying ingredients!*

Oils, Butters, & Waxes	Herbs	Tinctures	Salts, Minerals, & Clays	Hydrosols & Essential Oils	Kitchen Ingredients & Miscellaneous
<p><i>Carrier oils:</i> Almond oil Apricot oil Avocado oil Castor oil Coconut oil Grapeseed oil Jojoba oil Olive oil Sesame oil Sunflower oil</p> <p><i>Specialty oils:</i> Argan oil Baobab oil Black seed oil Evening primrose oil Marula oil Neem oil Rosehip seed oil Tamanu oil</p> <p><i>Butters:</i> Cocoa butter Mango butter Shea butter</p> <p><i>Waxes:</i> Beeswax Vegetable wax alternatives (candelilla, carnauba)</p>	Alkanet root Amalaki fruit Arnica flower Basil aerial parts Bay leaf Beet root Black walnut hull Borage flower Calendula flower Cardamom seed Catnip aerial parts Celandine aerial parts Chamomile flower Chaparral leaf Chickweed aerial parts Cinnamon bark Cleavers aerial parts Cocoa powder Coffee bean Comfrey leaf and root Coriander seed Cramp bark Elderflower Fenugreek seed Garlic bulb Ginger rhizome Goldenrod aerial parts Gotu kola leaf Green tea leaf Henna Hibiscus flower Hyssop aerial parts Irish moss seaweed	Barberry root Calendula flower Myrrh resin Propolis Rosemary aerial parts Witch hazel bark Yarrow aerial parts	<p><i>Salts &amp; Minerals:</i> Baking soda Borax Epsom salt Pink Himalayan salt Sea salt (fine and coarse)</p> <p><i>Clays:</i> Bentonite clay French green clay Kaolin white clay Rhassoul clay</p>	<p><i>Hydrosols:</i> Bergamot Calendula Catnip Clary sage Frankincense, sustainably sourced German chamomile Grapefruit Lavender Lemon Lemon balm Lemon verbena Neroli (orange blossom) Orange Roman chamomile Rose Rose geranium Rosemary Tulsi Witch hazel bark extract Yarrow</p> <p><i>Essential Oils:</i> Balsam fir Bergamot Camphor Cedarwood Chamomile Cinnamon leaf Clary sage Clove Eucalyptus</p>	190-proof alcohol Activated charcoal Almond meal Aloe gel Aloe juice Apple cider vinegar Arrowroot powder Avocado Brown sugar Castile soap Chia seed Chickpea flour Citric acid Colloidal oats Cucumber Distilled water Egg yolk Flax seeds Gold mica dust Grapefruit Honey Lemon Liquid lecithin Menthol crystals Milk/powdered milk Natural preservative(s) (e.g., Leucidal liquid SF, Natapres, PhytoCide aspen bark) Orange Red wine Rice flour Rolled oats

## Botanical Skin Care Course: Complete Ingredient List (cont'd)

Oils, Butters, & Waxes	Herbs	Tinctures	Salts, Minerals, & Clays	Hydrosols & Essential Oils	Kitchen Ingredients & Miscellaneous
	Juniper berry Kelp leaf Lady's mantle aerial parts Lavender bud Lemon balm aerial parts Lemongrass stalk Lobelia aerial parts Licorice root Manjistha root Marshmallow root Meadowsweet aerial parts Mugwort aerial parts Myrrh resin powder Neem leaf Nettle leaf Nutmeg seed Oregon grape root Oregano aerial parts Peppermint leaf Pine needle and resin Plantain leaf Poplar buds Rose petal Rosemary aerial parts Saffron thread Sage aerial parts Saw palmetto berry Self heal aerial parts Soapnuts Spearmint leaf St. John's wort aerial parts Thyme aerial parts Triphala Tulsi aerial parts Turmeric root Vanilla bean Violet aerial parts Willow bark Yarrow aerial parts Yucca root			Fir Geranium German chamomile Grapefruit Helichrysum Juniper Lavender Lemon Lemon balm Lemon eucalyptus Neroli Palmarosa Peppermint Roman chamomile Rose Rose geranium Rosemary Sandalwood, sustainably sourced Sweet orange Tea tree Vetiver Ylang ylang	Strawberries Sugar Vegetable glycerin Vitamin E oil Vodka Xanthan gum Yogurt Zinc oxide powder