

# Supplies for A Toxin-free Home

## Equipment List

### Glass Or Stainless Steel Is Best

Essential Oils can be absorbed into plastic and wood. It's best not to use these materials when working with essential oils, because the essential oil can never fully be cleaned out of it. Instead, you can use glass or stainless steel bowls and utensils which are easily cleaned. If you use plastic or wood when working with essential oils, it's best to set them aside and designate them to only be used with essential oils.

Note: PET plastic is safe to use with essential oils.

### Funnel

Find a funnel with a narrow spout to help you with pouring your DIY's into small containers.

### Glass stir rod (optional)

I sometimes will use a glass stir rod to mix an essential oil with a carrier oil. It's easy to clean, but you can just use a stainless steel spoon. I just wanted to mention it in case you see me using it in a video and are curious about it.

### Spatula

Plastic spatulas are really helpful when making body butters and lotions when you need to scrape the edges. But since they're plastic, essential oils will bind to them. So you should pick a spatula and designate it to using it with essential oils.

### Jars (or other sealable containers)

You'll want these to store your recipes in. I like to save jars from jellies, baby food and other random foods to reuse and reduce waste as well as save money. Airtight containers will help your recipes last longer and help prevent water getting into them.

### Double boiler

A double boiler is usually a pan that sits inside another pan that helps protect your ingredient from too much heat. We'll be working with heat sensitive ingredients and using a double boiler helps us control the heat used to melt the ingredients. You can also use a jar sitting in about two inches of water to get similar results as a double boiler.

### Liquid Measuring Cups

I find these really useful for measuring carrier oils and pouring them into small containers. Using measuring cups with spouts will help you less spills and clean up. Most of our recipes will be created in small batches. I find small beakers (like the ones used in science class) helpful for these types of measurements.

### Silicone Molds

Silicone molds are useful for making things like soap, lip balm, and shower disks. They come in a variety of sizes and have some fun designs. I usually use the Simply Earth 100% Homemade mold or a silicone ice tray. You can also use a mini cupcake tin or regular ice tray, but it can be harder to remove your product from the mold.

### Stick Blender with Whisk Attachment:

Most of our recipes will be made in small batches and most mixers and blenders are too big to be useful in mixing them. I've recently become really attached to using the whisk attachment on my stick blender for creating body butters and lotions. In the past I've used a small food processor which works too, but I find that this stick blender works a lot better and gives me more control.

### Coffee Grinder or Food Processor (optional)

This is helpful for grinding up materials for baths and body care recipes. If you don't have one of these on hand, you can put the ingredients for the recipe in a bag and bash them up with a rolling pin.

# Supplies for A Toxin-free Home

## Ingredients List

### Simply Earth Ingredients

Most ingredients you will need for this course are available in the Essential Oil Hero Kit. All the ingredients in the kit are listed below. They are also available for sale on our website.

Essential Oils	Carrier Oils	Other Ingredients	Containers
Cedarwood	Almond Oil	Aloe Vera Gel	5 ml bottles
Clove	Coconut Oil (solid)	Beeswax	10 ml roll-ons
Eucalyptus	Fractionated Coconut Oil	Castile Soap (liquid)	Lip Balm Tubes
Fir Needle		Citric Acid	2 oz spray bottles
Frankincense		Hibiscus Powder	Personal Inhalers
Grapefruit		Rose Hydrosol	Water Proof Labels
Juniper Berry			Diffuser
Lavender			Silicone Mold
Lemon			
Orange			
Peppermint			
Tea Tree			

### Other Ingredients

Along with the ingredients listed above, you will need some ingredients commonly found in supermarkets. In this table you will see the other ingredients you will need for this course along with where you will likely be able to find them.

Ingredient	Location (Aisle)
Arrowroot Powder (or substitute cornstarch)	Baking
Castile Soap (bar)	Laundry or Cleaning
Cocoa Powder	Baking
Epsom Salt	Bath
Honey	Condiments
Oatmeal	Breakfast Foods
Sugar	Baking
Vinegar	Condiments
Washing Soda	Laundry