

Congratulations on investing a therapeutic grade essential oils. These little bottles of plant essence are amazing tools to have on hand! As you journey through this wellness hub you will see many essential oils woven through my practices and recommendations. Their uses are truly endless, and just make life a little easier.

For those just getting started it can be overwhelming to get started. Download my starter guide here, complete with my recommendations for supplies to have on hand. My favorite places to shop for supplies are discoverlsp.com and amazon.com.

See [The Library](#) for all my tips, tricks, and recipes for handmade products.

Starter Pack:

Goal: Have appropriate glass containers on hand for customized therapeutic support.

Please note, these prices do change and I do not update prices regularly. However, this will give you an idea for budgeting home goods, parties, and gifts. This item list is for discoverlsp.com.

Cost is about \$20.

Add or subtracts items based on your home and family size.

spOILer Tips:

Hang on to those pickle jars, liter bottles, and mason jars! They are great containers for sugar scrubs, salt soaks, and mouthwash. It is easy to freshen them up and make them cute for gifts!

Always look for sales at Hobby Lobby, Target, and the Container Store. This is a good time to pick up containers that suit the style of your home to host your hand made goods in!

ITEM NAME	ITEM NUMBER	QUANTITY	COST
Roller Balls	9159	1-6 PACK	\$3.25
Drams (lip balm & mini sizes)	6500K	4	\$2.40
4oz Salve Jar	6503	2	\$1.70
2oz Salve Jar	6502	2	\$1.70
4oz Spray Bottle	9131	2	\$2.50
Travel/Perfume Spray	9172	2	\$3.00
32oz Cleaning	9139K & 9137C	2	\$5.28
8oz Foaming soap	9249	1	\$1.50

HOME SUPPLY LIST

Have on hand all the supplies you need for creation of your hand-made, non-toxic substitution products.

Funnels	A range of funnel sizes is helpful. I ordered a 3 pack (Amazon) plus some miniatures, and I use them all.
Bowls	Glass or stainless bowls are ideal (in several sizes). spOILer Tip: warm the bowl up and wipe clean with paper towel to avoid oily build up in pipes, sinks, and dishwashers. Kitchen bowls are fine except when using beeswax.
Water	Recipes calling for water can always used boiled & cooled or distilled. I always keep a large container of distilled around for instant gratification; but boiled and cooled is easy, affordable, and never runs out!
Measuring utensils	Glass "shot glasses" that measure tablespoons and ounces all the way to multiple cup sizes are very handy when creating products at home.
Stirring utensils	Wooden or food grade silicone make the best utensils! Easy to use, don't stick, and easy to clean.
Coconut oil	Large tub (72 ounces) from box store like Costco makes so many things easier (from dilution, to making products, to cooking).
Beeswax	Again, I recommend having dedicated equipment for the beeswax because it is much harder to get completely clean. You need a good glass bowl, mixing spoon, measuring container. PRO TIP: Also reheat when finished and wipe with paper towel!