



**Products that we will be making in the course:**

Aura Cleansing Spray  
Chakra roll-on  
Protective Vegan Milk Bath  
Energizing Bath Salts  
Detoxifying Tea  
Refocusing Bath Candies  
7 Chakra Sodas  
Find Your Joy Foot Soak  
Courage Hand Bomb  
Let It Go Sugar Scrub  
Release Body Spray

**These are the ingredients recommended to have ready to be able to make the products at home. Most of these ingredients are staples easily available in most households.**

5ML essential oils of the following:

lavender  
grapefruit  
peppermint

2 ounces each:

Shea butter and cocoa butter.  
4 ounces grapeseed oil or almond oil  
Assorted jars and bottles

At least 2 teaspoons of the following herbs:

black pepper  
rosemary  
cinnamon

10-ounce powdered coconut or soy milk

4 oz each:

sea salt  
Epsom salt  
Himalayan salt  
1 oz chamomile tea and Blue butterfly pea flower tea.  
2 cups sugar any kind  
2 ounces beeswax or soy wax.  
2 oz citric acid (baking section)  
2 oz baking soda

2 oz potato or corn starch

assorted fruits and vegetables as needed:

cherries, beets, apples, oranges, carrots, lemon, bananas, peas, green grapes,  
blueberries, purple grapes, purple potatoes, purple cabbage.