

Botanical Perfumery Supply List

Botanical Aromatics (52 Essential Oils)

* = Optional (not mandatory for the course)

Base Notes

Fixatives that are long-lasting (woods, resins, roots)

#	Common Name	Scientific Name / Notes
1	Amyris	<i>Amyris balsamifera</i>
2	*Angelica root	<i>Angelica archangelica</i> (sample or 1-2 ml)
3	Benzoin resin	<i>Styrax benzoin</i>
4	Cedar wood (or Himalayan cedar)	<i>Cedrus atlantica</i>
5	Clove bud	<i>Syzygium aromaticum</i>
6	Frankincense	<i>Boswellia sacra</i> syn. <i>B. carteri</i>
7	Labdanum absolute or extract	<i>Cistus ladanifer</i>
8	*Myrrh	<i>Commiphora myrrha</i> (sample or 1-2 ml)
9	*Nutmeg	<i>Myristica fragrans</i> (sample or 1-2 ml)
10	Orris root	<i>Iris pallida</i> (1 gram)
11	Patchouli	<i>Pogostemon cablin</i>
12	Sandalwood	<i>Santalum austrocaledonicum</i>
13	*Tonka Bean absolute	<i>Dipteryx odorata</i> (sample or 1-2 ml)
14	*Valerian	<i>Valeriana officinalis</i> (sample or 1-2 ml)
15	Vanilla extract	<i>Vanilla planifolia</i>
16	Vetiver	<i>Chrysopogon zizanioides</i> syn. <i>Vetiveria zizanioides</i>

Middle Notes (Heart Notes)

The heart of the perfume (florals, spices, herbs)

#	Common Name	Scientific Name / Notes
17	Black pepper	<i>Piper nigrum</i>
18	Cardamom	<i>Elettaria cardamomum</i>
19	*Cinnamon (leaf)	<i>Cinnamomum verum</i>
20	Clary sage	<i>Salvia sclarea</i>
21	*Coriander	<i>Coriandrum sativum</i>
22	Cypress	<i>Cupressus sempervirens</i>
23	Geranium	<i>Pelargonium graveolens</i>
24	Ginger	<i>Zingiber officinale</i>
25	*Jasmine	<i>Jasminum grandiflorum</i>
26	Juniper Berry	<i>Juniperus communis</i>
27	Laurel	<i>Laurus nobilis</i>
28	Lavender	<i>Lavandula angustifolia</i>
29	Myrtle	<i>Myrtus communis</i>
30	*Neroli	<i>Citrus aurantium var. amara</i>
31	*Oregano	<i>Origanum vulgare</i>
32	*Petitgrain	<i>Citrus aurantium var. amara</i>
33	Pine (pick one)	Swiss pine, Laricio pine, or Scots pine <i>Pinus</i> sp. Or <i>Picea</i> sp.
34	*Roman Chamomile	<i>Chamaemelum nobile</i>
35	Rose absolute or essential oil	<i>Rosa x damascena</i>
36	Rosemary ct. verbenone or ct. cineole	<i>Salvia rosmarinus</i>
37	Sage	<i>Salvia officinalis</i>
38	Sweet marjoram	<i>Origanum majorana</i>
39	*Tarragon	<i>Artemisia dracunculus</i> (sample or 1-2 ml)
40	*Thyme	<i>Thymus vulgaris</i>
41	Ylang Ylang extra	<i>Cananga odorata</i>

Top Notes

Light, volatile notes that evaporate quickly (citrus, fresh, bright)

#	Common Name	Scientific Name / Notes
42	*Anise	<i>Pimpinella anisum</i>
43	Bergamot	<i>Citrus bergamia</i>
44	*Eucalyptus	<i>Eucalyptus staigeriana</i> or <i>E. globulus</i>
45	Grapefruit	<i>Citrus x paradisi</i>
46	Lemon	<i>Citrus x limon</i>
47	*Lemongrass	<i>Cymbopogon citratus</i>
48	Lime	<i>Citrus aurantifolia</i>
49	May Chang	<i>Litsea cubeba</i>
50	*Spearmint	<i>Mentha spicata</i>
51	Sweet orange or Blood orange	<i>Citrus sinensis</i>
52	*Lemon Verbena	<i>Aloysia citrodora</i> syn. <i>Lippia citrodora</i>

Note on Sandalwood: Make sure your sandalwood is bio-labeled and harvested in New Caledonia, Australia, or Hawaii.

Additional oils for reference: Sweet Fennel, Yuzu, Peppermint, and Blood orange (optional).

Equipment & Supplies

Bottles

Item	Quantity
5 ml amber glass bottle	200 pcs
Aluminum or plastic lid (for 5ml glass bottles)	200 pcs
Glass droppers (optional)	100 pcs

Plastic Pipettes

Item	Quantity
1 ml size	20 pcs
3 ml size	20 pcs

Glass Beakers

Item	Quantity
25 ml	1 pc
100 ml	1 pc

Stainless Steel Funnels

Item	Quantity
Small size (for 5 ml bottles)	1 pc
Medium size (for 50 ml bottles)	1 pc

Oils & Wax

Item	Quantity
Jojoba oil	100-250 ml
Fractionated coconut oil (FCO)	100ml
Candelilla wax or carnauba wax	20-200 grams
Beeswax	20-200 grams

Alcohol

Item	Quantity
Cane Alcohol (190 proof)	300 ml
OR Perfumers' alcohol (SD-40b cosmetic grade)	300 ml

Containers for Alcohol-Based Perfume (30 ml)

Item	Quantity
Perfume bottles - glass (amber, clear, or frosted) with mist pump	20 pcs

Labels

Item	Quantity
70 x 30 mm labels (for 5 and 10 ml bottles and jars)	100+ pcs

*Containers for Wax-Based Perfume (5-10 ml)

Item	Quantity
Lip balm paper tubes	4-10 pcs
Glass jar with lid	4-10 pcs
Metal tins	4-10 pcs

*Containers for Oil-Based Perfume (10-30 ml)

Item	Quantity
Glass bottles with roll-on	10 pcs

*Inhalers for Olfactory Training

Item	Quantity
Inhalers (if you'd like one for each aromatic)	20-60 pcs

Blotters

Item	Quantity
Triangular (3x1 inch) cut watercolor paper OR pre-made perfumery blotters	As needed

Scale

Item	Quantity
High-precision scale for measuring oil- and wax-based perfumes	1 pc

Resources

Essential Oils

Nature's Gift (Enter code: Jade for a 10% off order) <https://naturesgift.com/>

Original Swiss Aromatics <https://originalswissaromatics.com>

Eden Botanicals <https://www.edenbotanicals.com>

Florihana <https://www.florihana.com/en/>

Labdanum/Benzoin

Apothecary Garden <https://apothecarysgarden.com>

Bottles (includes Containers for Alcohol-Based Perfume)

Container Packaging <https://www.containerandpackaging.com>

Specialty Bottles <https://www.specialtybottle.com>

Bulk violet glass jars and bottles <https://infinityjars.com/>

50ml Violet glass jars for solid perfume <https://amzn.to/3NjbQXb>

Perfume bottles - glass (amber, clear, or frosted) with mist pump *Available at any bottle company

Plastic pipettes

3ml Plastic pipettes (<https://amzn.to/3MTeGIH>)

*You can also find glass pipettes, if preferred

Glass beakers

50ml Pyrex glass beakers (<https://amzn.to/4sljRLy>)

100ml Pyrex glass beakers (<https://amzn.to/4q37mTo>)

Stainless Steel Funnels

Stainless steel funnels (<https://amzn.to/3KPsTzB>)

Glass funnels (<https://amzn.to/44lh1WS>)

Oil and Wax

Jobaba oil – Purchase direct from The Jojoba Company (They will have the best price)

<https://jojobacompany.com>

Candelilla wax

<https://shayandcompany.com/product/candelilla-wax-non-gmo/>

<https://lotioncrafter.com/products/candelilla-wax>

Carnauba wax

<https://shayandcompany.com/product/carnauba-wax-organic-nf/>

Beeswax

Find a local beeswax, if possible

Organic beeswax is recommended

Sunflower wax

<https://lotioncrafter.com/products/sunflower-wax>

https://www.makingcosmetics.com/WAX-SUNFLW-01.html?lang=en_US

Alcohol

Perfumers Alcohol

<https://www.laballey.com/products/special-denatured-ethanol-200-proof-sda-40b>

<https://www.usalab.com/usa-lab-ethanol-190-proof-sda-40b-95/>

Organic Alcohol <https://organicalcohol.com/>

Perfume Tester Strips (Blotters) and Card Holders

<https://amzn.to/4jcTNxM>

<https://amzn.to/4jnBfLw>

Inhalers for Olfactory Training

Metal inhalers <https://amzn.to/4azoLyZ>

Plastic Inhalers

<https://www.premiumvials.com/50-pcs-white-essential-oil-aromatherapy-blank-nasal-inhaler-tubes-including-50-unscented-wicks/>

<https://www.bulkapothecary.com/aromatherapy-inhalers/>

Scale

Something like this: <https://amzn.to/3MNEEqS>

Or this: <https://amzn.to/4jglOEV>

Roll on bottles

<https://amzn.to/49kVW6m>

<https://amzn.to/44M7Q7K>

*Most bottle companies carry roll-on bottles. I love the ones with a stainless-steel roll-on ball.

The Essential Guide to Choosing Alcohol for Natural Perfume Making

When you're crafting botanical perfumes, one of the first questions that arises is: what type of alcohol should I use? The answer isn't as straightforward as you might think, especially since the word "alcohol" itself can be confusing in this context.

Understanding Alcohol in Chemistry vs. Everyday Language

Here's where things get interesting. In chemistry, "alcohol" doesn't just mean the liquid in your cocktail. Technically, an alcohol is any molecule containing a hydroxyl group (-OH) bonded to a carbon atom. This means there are countless alcohols in nature—including some you'll find in essential oils themselves. Cedrol, a compound in cedarwood oil, is actually an alcohol!

But when we talk about using alcohol in perfume, we're referring to one specific type: **ethanol**. This is the same alcohol found in wine, spirits, and hand sanitizer. It's the safe, cosmetically acceptable form that serves as the perfect carrier for fragrance materials.

Why Ethanol Works in Perfumery

Ethanol serves several critical functions in perfume formulation:

- It dissolves both essential oils and aromatic compounds into a uniform blend
- It creates a light, sprayable texture
- It evaporates readily, helping the fragrance develop on your skin
- It disperses the scent effectively when applied

The key is finding the right *type* of ethanol for natural perfume work.

Our Recommended Alcohol Options

First Choice: Organic 190-Proof Cane Alcohol

For botanical perfumers who value purity and sustainability, **organic 190-proof cane alcohol** is the ideal choice. At 95% ethanol content, it provides the perfect concentration for dissolving essential oils and creating beautifully balanced perfumes. Because it's food-grade and certified organic, you can feel confident about its quality and safety.

Organic cane alcohol is produced by fermenting organically grown sugarcane, aligning it with natural perfumery values. It's pure, undenatured ethanol without added chemicals or questionable denaturants.

We recommend sourcing your organic cane alcohol from [organicalcohol.com](https://www.organicalcohol.com), which specializes in high-quality organic alcohol for cosmetic and perfumery applications.

Second Choice: Perfumer's Alcohol Blends

Pre-made **Perfumer's Alcohol** from reputable suppliers of aromatherapy and natural ingredients is another excellent option. These are specifically formulated blends designed for fragrance creation, often containing cosmetic-grade alcohol with small amounts of added ingredients to enhance performance or meet regulatory requirements in certain regions.

Perfumer's alcohol is particularly useful for beginners, as it's ready to use and sourced from companies that understand natural perfumery needs. Look for suppliers who cater to aromatherapists and botanical perfumers.

Alternative Option: High-Proof Grain Alcohol

Everclear and similar high-proof grain alcohols (190-proof/95% ethanol) can work if you cannot access organic cane alcohol. While Everclear is food-grade and safe, we prefer organic cane alcohol for its cleaner production process and organic certification. If using Everclear, verify it's the 190-proof version—lower proofs won't work for perfumery.

Understanding "Grain Alcohol"

"Grain alcohol" describes ethanol produced through the fermentation of grains or plants. It can be organic or conventional. For perfumery purposes, what matters most is the purity level (95% or higher ethanol content), whether it's organic, and whether it's food grade. Organic certification ensures that the source materials were grown without synthetic pesticides or chemicals.

What About Commercial Denatured Alcohol?

Professional perfume manufacturers often use **Trade Specific Denatured Alcohol (TSDA)**, particularly SD-40b. While this is cosmetic-grade and safe, it contains denaturants (additives that make it undrinkable) to avoid beverage alcohol taxes. For those creating natural, botanical perfumes, we prefer the purity of organic food-grade alcohol over denatured alcohol, even cosmetic-grade denatured alcohol.

If TSDA is your only accessible option, ensure it's specifically labeled as cosmetic grade SD-40b.

What NOT to Use

- **Vodka** - At 40% alcohol, it's far too diluted. You need a minimum 95% ethanol concentration for proper perfume making.
- **Isopropyl Alcohol (Rubbing Alcohol)** - This is a completely different chemical compound. It has a harsh odor, irritates the skin, and doesn't fully dissolve many fragrance materials. Additionally, commercial rubbing alcohol contains added water. Avoid entirely.
- **Methanol** - Never, ever use methanol. It's highly toxic and absorbed through the skin. There's no place for it in perfumery.
- **Witch Hazel** - Despite what you might read online, witch hazel is not a suitable alcohol substitute for perfume making. Disregard any advice suggesting otherwise.
- **Generic "Denatured Alcohol"** - Unless it specifically states it's cosmetic grade TSDA, avoid it. Unknown denaturants could be toxic or irritating to the skin.

A Note on Adding Water

Some perfumers incorporate a small percentage of water (typically under 5%) into their final formulations. The theory is that it can soften the alcohol's intensity and enhance how the fragrance develops on the skin. However, water can also cause your perfume to become cloudy.

If you choose to experiment with water, use only distilled or deionized water—tap water contains minerals that will affect your perfume. This is entirely optional and comes down to personal preference through experimentation.

Your Best Path Forward

For botanical and natural perfume makers, we recommend this hierarchy:

1. **First choice:** Organic 190-proof cane alcohol (available at [organicalcohol.com](https://www.organicalcohol.com))
2. **Second choice:** Perfumer's Alcohol from a reputable natural ingredient supplier
3. **Third choice:** 190-proof Everclear or other high-proof grain alcohol
4. **Alternative:** Cosmetic grade TSDA (SD-40b) if other options are unavailable

Always ensure whatever alcohol you choose is either food grade or cosmetic grade, contains at least 95% ethanol, and comes from a trusted source. Your perfume will only be as good as the quality of your materials, and choosing organic, pure alcohol aligns with the botanical perfumery philosophy of working with the finest natural ingredients.