

17032 KT SHOPPING LIST

FROM THE SUPERMARKET, GREENMARKET, PHARMACY OR HEALTH FOOD STORE

Most of the required ingredients are included in the kit, or they are common items that are probably already in your home. Here is a complete list of all the items that you may need that do not come with the kit. You won't need everything in this list. Depending on your skin type or hair color, you will use different oils and herbs.

TOOLS:

Bowl
Kitchen
Knife
Pots, large & small
Teaspoon
Tablespoon
Coffee filter paper
Cosmetic tissue
Pencil
Mixer
Cup
Makeup sponges
Nail file

TEAS:

Peppermint tea
Green tea
Sage tea

OILS:

Cooking oil
Jojoba
Wheat germ oil
Avocado oil
Sesame oil
Calendula oil
Almond oil
Thistle oil
Rose oil
Grape nut oil

PLANT JUICES:
Blueberry juice
Red beet juice
Cherry juice
Spinach juice
Red Cabbage juice

PLANTS:

Lemon balm
Walnut leaves, dried
Birch leaves, dried
Chamomile flowers
Stinging nettle
Lavender
Rosemary needles
Yarrow
Leaves, dried
Lime tree blossoms
Calendula flowers
Arnica
Rose petals
Thyme
Witch hazel
(Hamamelis virginiana)

OTHER GROCERY ITEMS:

Cucumber
Honey
Apples
Banana
Sea salt
Buttermilk
Milk
Cream
Apple cider vinegar
Oat flakes
Egg, raw

PHARMACY ITEMS:

Aloe Vera
Cocoa Butter

CLEANSERS:

Detergent
Soap, mild