

Canadian Institute School Supply List

In class students **bring to class**, only items marked with a *

You will need:

Black outfit: Pants, top, socks and shoes (for case studies in our spa)
Massage table
2 Single/Twin sheet sets
Set of 12 hand towels (white is normal)
Crock pot – or kettle and bowl
(mani, pedi, facial, body wrap, scrub & back treatment)
Antibacterial hand cleanser
Small garbage can
***plastic bag for wet towels**

Aromatherapy:

Essential oils list provided in course
Carrier oils: 1 liter of grape seed
125 ml of holly oil
125 ml of lotion
125 ml of hydrosol

All oils are taught. Oils that are in **bold** are the oils you need to purchase

Basil	Helichrysum (Immortelle or Ever Lasting)	Patchouli
Bay	Hyssop	Pepper (Black)
Benzoin	Jasmine -absolute or Jasmine	Peppermint (USA)
Bergamot	10% in Jojoba	Petitgrain
Cajeput	Juniper	Pine (Scotch)
Camphor	Lavender (French) Scent	Ravensara
Cardamom	Lavender (Population)	Rose Damask -absolute or
Cedarwood (Virginian)	Healing	Rose Damask 10% in
Chamomile (Roman)	Lemon	Jojoba
Cinnamon Bark	Lemongrass	Rose (Geranium)
Cinnamon Leaf	Lime	Rosemary (Spanish)
Citronella	Linden Blossom	Rosewood
Clary Sage	Lista Cubeba	Sage
Clove (Bud)	Mandarin	Sandalwood (East Indian)
Coriander Seed	Marjoram (Wild Spanish)	Savory Winter
Cypress (French)	Melissa	Spearmint
Eucalyptus	Myrrh	Spikenard
Fennel	Myrtle	Spruce Black (Wild)
Fir Needle	Neroli	Tarragon
Frankencense	Niaouli	Tea tree
Geranium (Egyptian) or	Nutmeg	Thyme (Red)
Geranium (Bourbon)	Orange (Sweet)	Vanilla
Ginger	Origanum	Vetiver
Grapefruit (Pink)	Palmarosa	Yarrow
		Ylang Ylang

Mani-care:

Finger bowl
Hindu stone / pumice stone
Q-tips
Manicure kit (product; cleanser, scrub, lotion)
Carrier oil for cuticles
Cuticle solvent
Files 100 / 180 / 240
3 color buffer
Plastic cuticle pusher
Cotton balls
Cosmetic pads (nail wipes)
Nail brush
Glass or plastic container
Hydrogen peroxide
Rubbing alcohol
Antibacterial cleanser/soap (in the water for soaking the hands)
Package orange wood sticks
***6 hand towels**
Bleach
Nail polish remover
Nail polish
Styptic drops (alum)
Optional -Paraffin wax pot, wax and plastic hand cover

Estheticians Only -Manicure:

*Same as Mani-care

Plus: ***6 hand towels**

Double sided cuticle implement /Metal cuticle pusher

Metal cuticle nippers

Gibson

Body Wrap:

Body wrap linens
Body wrap product
Plastic body suits
*Bathing suit (that you do not care if it gets stained)
*2 large towels (that you do not care if it gets stained)
*3 hand towels (that you do not care if it gets stained)
*Single sheet set (top and bottom)
Plastic gloves

Body Scrub/Polish:

Ground Sea Salt or Epsom salts
Carrier Oil (Grapeseed, olive or holly)
*2 large towel
*2 hand towels
*Single sheet set (top and bottom)

Reflexology:

250 ml witch hazel
***3 Hand towels**
Lotion

Iridology:

One (ten x) magnifying glass

Herbs:

Herbs

Chair Massage:

Stool or chair massage table

Facial:

***Single sheet set (top and bottom)**
***9 hand towels**
Optional- 1 gown
Optional- Headband
Facial products (to start buy for sensitive skin)
Large stainless steel bowl
Glass bowls (massage oil)
Mask brush (fan brush)

Estheticians Only -Advance Facial:

*Same as Facial plus
***Single sheet set (top and bottom)**
***9 hand towels**
Extractor
Sponges
Gibson towels
Spatula

Swedish massage:

***1 Single sheet set**
***1 hand towel**
Carrier oil

ELD Massage:

***1 Bath sheet**
***1 Single fitted sheet**
***2 hand towels (different colors)**
Grapeseed Carrier oil

Hot Stone Massage

***1 Single sheet set**
***4 hand towels**
50 flat (no higher than one inch) Hot stones (basalt)
Holly Carrier Oil (nice glide when warmed up)

Bronzing:

Bronzing lotion
Cream
Plastic gloves (throw away after each client use)
Tissue (Kleenex)
*Bathing suit (that you do not care if it gets stained)
*2 large towels (that you do not care if it gets stained)
*3 hand towels (that you do not care if it gets stained)

Back Treatment:

***Single sheet set (top and bottom)**
***6 hand towels**
Products can be the same as facial

Pedi-care:

Hindu stone / pumice stone
Q-tips
Pedi-care kit (product; cleanser, scrub, lotion)
Carrier oil for cuticles
Files 100 / 180 / 240
3 color buffer
Plastic cuticle pusher
Cotton balls
Cosmetic pads
Glass or plastic container
Hydrogen peroxide
Rubbing alcohol

Antibacterial cleanser (in the water for soaking feet)
Package orange wood sticks
***2 bath sheet**
***8 hand towels**
Bleach
Nail polish remover
Nail Polish
Nail brush
Cuticle solvent
Pedi -paddle
Foot bath
Optional -Paraffin wax pot, wax and plastic feet cover

Estheticians Only -Pedicure:

*Same as Pedi-care plus
***2 bath sheet**
***8 hand towels**
Dampen dish
Gibson
Metal cuticle pusher
Metal cuticle nippers
Toe nail clippers
Free edge tool

Estheticians Only – Waxing

Wax warmer
Wax
Waxing strips
Tongue Depressors (small and large)
Examining paper
Cotton balls
*Bathing suit (that you do not care if it gets stained)
*2 large towels (that you do not care if it gets stained)
*1 Single sheet set (that you do not care if it gets stained)
Powder (baby powder)
Oil
Soothing lotion
Compresses
Paper towel
Tweezers
2 small plates
Rubbing Alcohol

Estheticians Only – Make-up

Concealer
Cover up / foundation
Blush
Eye liner
Mascara
Eye shadow
Lip liner
Lipstick
***3 hand towels**

Estheticians Only – Tinting

Cotton Balls
Q-Tips
Lower lid protector
Gibson Towel
Developer tint
Orangewood stick
Dampen Dish
Saline Solution
Rubbing Alcohol
Skin Bleach
Water Dish

Scissors
Cleansing milk
Vaseline
***1 Single sheet set
(that you do not care
if it gets stained)
*2 large towels (that
you do not care if it
gets stained) or Cape
*2 hand towels**

It is okay to use things from home, just sterilize.

Suppliers: Look under Beauty Suppliers & Equipment.
They may need a copy of your student ID card

Alliance Beauty Supplies		Kelowna	1-250-763-6880
		Head Office	1-800-530-5882
Beauty Store	115-1889 Springfield	Kelowna	1-250-712-0218
Cosmo Prof/ Monarch Beauty	Hwy 97	Kelowna	1-250-860-7655
		Head Office	1-888-241-3330
ESP salon sales	102-1516 Keehn	Kelowna	1-250-860-5584
			1-800-223-5311
www.espsalonsales.com			
West Coast Beauty Co.	309 Banks Rd	Kelowna	1-250-861-1420
www.west-coast-beauty.com			
Correspondence students	Monarch Beauty Systems (Craig Saunders)		1-250-718-9422
Also check at London Drugs / Shoppers Drugmart / Grocery stores/ Etc.			
Hot stone	Rub Rocks		www.rubrocks.com
Aromatherapy	New Directions Aromatics		www.newdirectionsaromatics.com Canada