

Packaging & Measuring Methods:

Glassware, bottles, roller bottles, spray bottles, jars.

Droppers, oral syringe and other measures.

PACKAGING LIST

You'll need to package your treatments in suitable containers. During the classes I mentioned packaging and dosage methods. Here is a summary of them, as well as recommendations for where to seek the packaging that you'd like to buy.

TINCTURES

- **Bottles:** Glass bottles are better than plastic bottles.
- **Sizes:** 50 ml up to 500ml.
- **Dark glass** (brown or blue) is better because this helps to protect the tincture from the light (light shortens the shelf-life of herbal products).
- **Lids:** Ordinary lids are fine.
- **Droppers:** If you want to take small dosages of tinctures then consider buying glass bottles with a dropper top or pipette inserts.

Examples of this packaging:

- Pipettes/droppers: <https://aromantic.co.uk/collections/containers/products/black-pipettes>
- Lids: <https://aromantic.co.uk/collections/containers/products/cap-silver-aluminium-lid-with-epe-liner>
- Bottles: <https://aromantic.co.uk/collections/containers/products/bottle-amber-glass-100ml>

INFUSED OILS

- **Glass bottles** such as the ones listed above for tinctures with the exception of the dropper tops because oils are too thick for this type of packaging, although oils usually work well with the pipette inserts.
- **Roller Bottles:** These are a very handy way to store and apply oils and oil blends. They are widely available from aromatherapy suppliers, cosmetic suppliers and glass packaging suppliers. They are often available in coloured glass or plastic as well.

Examples of this roller bottle packaging:

- <https://aromantic.co.uk/collections/containers/products/roll-on-bottles-clear-glass-mini-10-ml>
- https://www.essentialoilsgdirect.co.uk/roll_on_bottle_10ml-blue.html
- <https://www.baldwins.co.uk/baldwins-clear-glass-roll-on-bottles-with-metal-roller-10ml>
- [Blue Glass Roller Bottle \(metal roller\) 10ml](#)
- <https://thecosmeticbottle.eu/amber-glass-roll-on-bottle-10-ml>
- <https://www.specialtybottle.com/glass-bottles/roll-on>

HYDROSOLS

- For external use, these work best in spray bottles.
- These are usually glass bottles with a spray top.
- This top is often listed with various names included spray top, atomiser or pump spray mister.
- **Here are some examples for you.** You will need to make sure that these tops fit the bottles that you buy to go with them.
 - <https://www.bomar.ie/products/sprays>
 - <https://wains.co.uk/shop/pump-spray-misters-r4-20mm/>
 - <https://mountainroseherbs.com/fingertip-misters>
 - https://www.nhrorganiccoils.com/products.php?category_id=772 (various products listed on this page including 100ml bottles & atomiser tops)
 - <https://aromantic.co.uk/collections/containers/products/mist-spray-cap-black-for-30-ml-50-ml-and-100-ml-bottles>

MEASURING DOSAGES

Plastic oral dosage measuring syringe: very handy for measuring small amounts of tinctures.

- <https://aromantic.co.uk/products/10ml-plastic-syringe>
- Usually available from pharmacies and chemist shops.

Plastic 5 ml measuring spoons can also be used (like the spoons given with cough syrups bought from pharmacies/chemist shops).

30 ml dosage beakers are very handy and easy to measure with. Again, they are usually available individually from pharmacies or chemist shops. Here is a UK supplier of them in bulk (packet of 80) <https://www.drugs-cabinets.co.uk/product/dosage-measures-30ml/>

GENERAL PACKAGING

PLEASE NOTE: Many aromatherapy, herbal and cosmetic suppliers sell a small range of packaging so this is usually the most cost-effective way for people making products for home use because you can order small amounts of it along with the butters, waxes, dried herbs and oils that you need. Please check the ingredient suppliers listed, many of them will do this too.

- WAINS (UK): Glass bottles and jars IN BULK: <https://wains.co.uk/>
- AROMANTIC (UK): Roller bottles, dropper bottles, spray bottles, jars etc.: small range of cosmetic packaging available from <https://www.aromantic.co.uk>