

Lavender Aromatherapy Dough



This aromatherapy playdough is a great natural way to aid stress relief. After a busy day at school or an evening of revision, this aromatherapy dough is a great tool to help you unwind and relax. It takes a few minutes to make and the calming aroma of lavender really helps to relieve any tension and stress.

You will need:

- 140g plain flour
- 35g salt
- 1 tbsp oil
- 2 tbsp cream of tartar
- 225ml water
- 10 to 15 drops lavender essential oil
- 1 tbsp dried lavender flowers (optional)



Instructions:

1. Place all the ingredients in a medium saucepan.
2. Place the pan over a medium heat and stir constantly.
3. As the mixture thickens into a dough, it will become difficult to stir. Continue to heat until it is a solid ball that holds together.
4. Remove from the heat and let it cool.
5. Now, squish, stretch, squash and squeeze as needed to help relieve stress.

Tip

- You can store your dough in the fridge for a longer life.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.