

Aromatherapy Play Dough Instructions

Materials

- 2 cups flour
- 2 cups colored water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- Lavender Oil
- Peppermint Oil
- Zip bags
- Printable Labels

Assembly

1. Combine all ingredients, except for essential oils, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, continue to stir ingredients together until it forms a ball. Note: Don't overcook as it will lead to dry play dough.
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favorite essential oil and knead until thoroughly combined.
5. You're done! Just store in an air-tight container in the refrigerator for months of fun.

**Let us know how the activity goes!
We'd love to hear from you or receive pictures.**

Contact Ilana@ErikasLighthouse.org for more information.



Erika's Lighthouse

Aromatherapy Play Dough

Relax and de-stress. Enjoy this aromatherapy play dough from the Erika's Lighthouse Club.



You don't have to have depression to talk to someone. If you're concerned about yourself or a friend, talk to a trusted adult!



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