Aromatherapy Play Dough Instructions

Here's a fantastic idea from Pam, our Teen Club sponsor at South Elgin High School.

She and her students created aromatherapy play dough at their meeting in December.

Here's the recipe they followed for the play dough: [http://doterrablog.com/diy-aromatherapy-playdough/](http://doterrablog.com/diy-aromatherapy-playdough/). You can find lots of similar recipes with a quick Google search.

Pam bought printable labels and bags at Jo-Ann's. She printed the labels to read "Relax and de-stress. Enjoy this aromatherapy play dough from the Erika's Lighthouse Club."

The students created play dough with different essential oils and wrote the essential oil on the label too. Pam said lavender and peppermint essential oils worked well.

The students handed out the play dough to students and also dropped off play dough at the social workers' offices for them to hand out to students.