



## *Essential Oil Playdough*

### Ingredients:

1 Cup Flour

1 Tbsp. Oil (vegetable/canola)

1 Cup Water

1/2 Cup Salt

1 Tbsp. Cream of Tartar

6 drops Citrus Bliss, Serenity, Balance

or Elevation essential oil

(only use one oil)





1. Place all ingredients in a pot and whisk them together.
2. Heat on med/high until mixture clumps together (this happens very quickly).
3. Stir the mixture the entire time to prevent sticking. It will begin to pull away from the sides of the pot.
4. Once it clumps nicely, cool on wax paper.
5. AFTER your dough has cooled, add 5-6 drops of your chosen essential oil.
6. Knead until dough is soft and aromatic. Add more drops of oil to your liking.
7. Play & enjoy in times of stress, when you need an uplift or a pleasant distraction! A sustainable 'stress-ball' alternative.