



LAVENDER PLAY DOUGH

4 cups flour
1 cup salt

$\frac{1}{2}$ cup cream of tartar
5 tablespoons oil
2 cups water

3 - 6 drops lavender oil
 $\frac{1}{2}$ cup dried lavender

DIRECTIONS

1. Add flour, salt, cream of tartar, oil and water into a pot and stir on medium heat until no longer sticky.
2. Remove dough from pot and place on parchment paper.
3. Add 3 -6 drops or more of lavender essential oils. Knead dough.
4. Fold in dried lavender flowers.
5. Use roller, cookie cutters, and other kitchen tools.
6. Play!

Soothing
Calming
Therapeutic
Uplifting
Balancing
Connecting

