

## Therapeutic Playdough Using Essential Oils

Thursday, February 19, 2015 / By [Arena Blake](#)

**Therapeutic Playdough Using Essential Oils** is one of our favorite ways to play. Your kids can reap the aromatic benefits of the oils just by playing with the playdough! I added a different oil to each color for a different benefit. We can just pull out the tub and play!

**Frankincense** for focus.

**Peppermint** for energy.

**Lemon** for clarity.

**Citrus Fresh** for creativity.

**Lavender** for comfort.

What you need to make Therapeutic Playdough Using Essential Oils:

1 cup flour

1/2 cup salt

2 Tbsp cream of tartar

1 Tbsp vegetable oil

1 cup water

Food coloring

Essential oils

Mix together the flour, salt, cream of tartar, oil, and water in a medium saucepan. Stir in the food coloring and cook on medium-low heat until the dough starts to harden and come together.

Set on wax paper and allow to cool for a bit.

To add the oils, roll the playdough into a ball and make a well in the center. Add 10 drops of essential oils and knead it into the playdough to spread it out within in.

Store in an airtight container until ready to play.