



# Textures Aromatherapy

## Playdough Recipe

### You will need:

2 cups plain flour

2 tbsp vegetable oil

$\frac{1}{2}$  cup salt

2 tbsp cream of tartar

Up to 1.5 cups boiling water

Few drops of glycerine

Food colouring

Lavender oil

Lemon oil

Cedarwood oil

Dry rice

Rock salt

Split peas



### Method

1. Mix the flour, salt, cream of tartar and vegetable oil in a large mixing bowl.
2. Add food colouring to the boiling water then into the dry ingredients.
3. Add the glycerine.
4. Allow it to cool down then knead it vigorously for a couple of minutes until all the stickiness has gone.
5. Split the dough into 3 parts.
6. Add a few drops of different scented oils to different parts of playdough.
7. Mix rock salt to one batch of dough, split peas to another batch and rice to the third batch.

