

ADULT TAKE & MAKE *Stress Relief Kits*

SUGAR SCRUB – INSTRUCTIONS

You will need:

- 1/4 cup sugar
- 1/4 cup brown sugar
- 1/4 cup coconut oil (melted)
- 5-8 drops of essential oil of your choice

Note: For more scrub, double the ingredients!

Step 1: In a bowl, stir both sugars together.

Step 2: Melt coconut oil in a separate bowl (if needed) just enough for it to become a liquid, then add to the sugars and stir.

Step 3: Add drops of your desired essential oil.

Step 4: Scoop the mixture into a jar or sealed container until ready for use. Mason jars work well for storing.

Tips:

- Mix scrub slightly before use. The oil may settle in the jar.
- Any essential oil works, but this scrub does well with common scents like lavender or coconut.
- This scrub can be packaged as a gift! Simply scoop the mixture into a mason jar, then tie a ribbon or decorative emblem around the lid.

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SHOWER STEAMER – INSTRUCTIONS

You will need:

- A muffin tin
- Cupcake liners
- 1/4 cup water
- 1 cup baking soda
- Essential oil(s) of your choice

Note: This kit only includes the essential oil for this craft.

Step 1: Line your muffin tin with cupcake liners.

Step 2: In a bowl, combine 1 cup of baking soda and 1/4 cup of water. Mix together until completely combined. There should be no loose baking soda.

Step 3: Use a spoon to scoop an even amount of mixture into each muffin mold. Once filled, flatten the mixture down using the back of the spoon. Use your fingers to firmly compress the mixture into each cupcake liner.

Step 4: Bake at 350 degrees (F) for 15 minutes.

Step 5: Once baking completes, remove each liner and place them on a cooling rack or a plate. Once completely cooled, remove the steamers from the liners. Be sure to save the liners for later.

Step 6: Add 3-5 drops of essential oil to each shower steamer. Then, place the steamers back into the liners for storage. When ready for use, remove them from the liner and place them on the shower floor. As the disc dissolves, the steam from your shower will give nasal relief from the steamer to your nose!

Recipe adapted from HGTV.com.



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PAINTED BOOKMARK -
INSTRUCTIONS

All you need to paint the bookmark included in this kit is water (and a paintbrush, of course!). Simply wet your brush, then rub it against the color of your choice from the “paints” included with the bookmark. Then, start to paint the picture as you wish.