

Aromatherapy Stress Balls

Prep Time: 10 minutes

Active Time: 10 minutes

Total Time: 20 minutes

Materials

- cornstarch
- water
- therapeutic grade lavender essential oil
- balloons (not water balloons)
- funnel
- popsicle sticks



Instructions

1. Place the opening of your balloon around the bottom of the funnel.
2. Add about 3 drop of lavender essential oil to 1/4 cup cornstarch in a large bowl and mix together with your fingers.
3. Scoop the 1/4 cup of cornstarch into the funnel and use a lollipop stick to keep pressing the cornstarch into the balloon.
4. Add a few tablespoons of water down your funnel and carefully squeeze the balloon to mix the cornstarch and water.
5. Keep adding cornstarch and water into smaller amounts until your balloon is the size of a lemon.
6. Carefully remove your balloon from the funnel and tie off the top.

Notes

- This mixture is fun to play with as it goes from solid to liquid form and back within the balloon.
- Always supervise while using.

