

How To Make Therapy Doh With Essential Oils

Therapy Doh or "Play Doh" is super beneficial for your child!

What did we use to make our Therapy Doh?

- 1 cup all-purpose flour
- 2 teaspoons cream of tartar.
- 1 cup hot water.
- 6 - 8 drops of essential oils of your choice
- 1.5 tablespoons Olive Oil
- Optional Food Coloring

Tip: Salt is Only needed for long lasting Therapy Doh

How To Do The "Kat" Method

We don't cook our therapy doh over the stove, aint nobody got time for that.

Perfection is not necessary in our home and safety is a priority, so we pop it all in a bowl with the hot water and mix it up!

This therapy doh smells magical.

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