

**Specialty Track
Cornerstone 2018
Mental Health and Camper Care
Natalie Rothstein**

Lavender Pouch Making

Materials

- 1 Sachet
- 1/8 cup (2 tablespoons) of lavender
- 1/4 cup (4 tablespoons) of rice
- 1-2 drops essential oil (optional)

First, write with a permanent marker on your satchet whatever you would like.

In a small bowl, mix the dried lavender with the rice. If you'd like a stronger lavender scent, stir in a few drops of lavender essential oil.

Using a small spoon, carefully add the lavender mixture into your satchet.

Tie the satchet closes with a double knot to keep it from opening.

Enjoy for calming and wonderful self-care!