



STUDY SESSION DIFFUSER STONES

WHAT YOU'LL NEED:

Air hardening clay

Cookie cutters

Cording

Study Time or Hocus Focus

WHAT YOU'LL DO:

With a small amount of lotion on your hands, squeeze clay to soften it. Roll the clay to 1/4-1/2 inch thickness. Use cookie cutters to cut out fun shapes. Then use a toothpick to create a small hole at the top. Once the clay has dried, add a few drops of your chosen essential oil.