

ULTIMATE

Spa and Perfume Kit

ahhhhhh

Pamper
yourself with
Fabulous
Scents

create
and Relax...



⚠ WARNING:
This set contains chemicals that may be harmful if misused. Read cautions on individual containers carefully. Not to be used by children except under adult supervision.

Ultimate Spa and Perfume Kit

Whip up natural spa products in no time, concoct new fragrances, and afterwards, relax in your eye mask! This kit is jam packed with activities, from making clay masks to creating fizzy bath balms. Spa getaways don't have to be fancy and elaborate. You can set up your own spa at home! No matter how you set up your spa, it should help you relax from school, studying, and stress. Scientific Explorer spa products are not about being a beauty queen or a stick figure. They're about taking time out for yourself, having fun, and using all natural ingredients!

What's included in your kit:

- Caribbean Coconut essential oil
1 fl oz (30 ml)
- Sweet Strawberry essential oil
1 fl oz (30 ml)
- French Vanilla essential oil
1 fl oz (30 ml)
- Oats net wt. 5 oz (140g)
- Citric acid net wt. 1 oz (28g)
- Sea salt net wt. 10.5 oz (294g)
- Baking soda net wt. 4 oz (112g)
- Bentonite clay net wt. 3 oz (84g)
- 1 plastic spatula
- 1 pipette
- 1 eye mask
- 5 empty bottles and caps
- 2 plastic jars & caps
- Instruction booklet

What you need to get:

- Water
- Washcloth
- Towel
- Paper towels
- Disposable cups
- Measuring spoons
- Measuring cups
- Paper & pen
- Large shallow bowl
(or bathtub)
- Mixing bowls
(small, medium, large)
- Fork, knife, spoon
- Flowers
- Partner
- Color pencils & markers
- Newspaper (optional)
- Plastic container with cover
- Yogurt
- Honey
- Coarsely ground coffee
- Ripe strawberry
(or thawed frozen
strawberry)
- Cocoa
- Banana
- Tomato
- Blueberries
- Lemon or lemon juice
- Whipping cream
- Apple juice
- Milk

Adult Supervision is Recommended

Caution: Do not eat or taste any of the ingredients in this kit because they are too concentrated and not intended for consumption.

1. Do not drink any of the fragrances. They smell delicious, but they are for external use only.
2. Keep the fragrances away from your eyes.
3. Test small drops of the fragrances on your skin to make sure you aren't allergic to them. If you are allergic to a fragrance, you can still enjoy the activities, but don't apply the scents to your skin.
4. Keep the fragrances out of reach of pets and small children.
5. When you finish with a fragrance bottle, immediately screw on the top tightly. This will make the fragrance last longer and avoid spills.
6. Use of a stove or microwave is required for some of these activities. Have an adult help you.
7. Be careful you don't slip in the tub – the oils may make surfaces slippery.

Read through all the instructions carefully before doing each activity.

Before all activities, do a patch test on your arm to be sure you are not allergic to any ingredients.

Make a Bentonite Clay Mask

What you need from your kit:

- 1 tablespoon Bentonite clay
- Plastic spatula

What you need to get:

- 2 tablespoons water
- Washcloth
- 1 disposable cup
- Towel

So what is Bentonite clay and how does it work?

Bentonite clay has long been used for healing internal and external problems (don't eat it!). Native Americans used it as soap, while pioneers used it to seal their log cabins. The secret to its ability to cleanse your skin is water. When you add water to the clay, it swells up and absorbs toxins, oils, and poisons like a sponge, clearing up your pores. What else are clay masks good for? They help to clear up acne, improve circulation, tone your skin, and even aid in healing sunburn!

1. Put 1 tablespoon of Bentonite clay in the cup.
2. Add 2 tablespoons of water.
3. Stir the mixture with the spatula until it's completely blended.
4. To apply, pull your hair back and wash your face.
5. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.
6. Apply a thin layer of the mask all over your face, avoiding the eye area. Lie back, relax, and leave the mask on for 1 to 2 minutes.
7. Rinse your face with warm water and pat dry with towel.

Carefully tape your packet of clay closed and store in a cool, dry place until you are ready to use it again.

Chill out in your spa eye mask! While you could do all of these activities with your friends, sometimes it's nice to just kick back and relax by yourself in the tub. During those times you need to get away from it all, put on some music, whip up a quick facial or foamy bath, and slip on your eye mask. The rest of the world will just melt away...

French Vanilla Bentonite Clay Facial

What you need from your kit:

- 1 storage jar
- 1 tablespoon Bentonite clay
- 2 drops French Vanilla essential oil
- Pipette
- 1 plastic spatula

What you need to get:

- 2 tablespoons water
- Measuring spoon
- 1 disposable cup
- Washcloth
- Towel

What you do:

1. Put 1 tablespoon of Bentonite clay in the cup.
2. Add 2 tablespoons of water.
3. Add 2 drops of French Vanilla essential oil.
4. Stir the mixture with the spatula until it's completely blended.
5. To apply, pull back your hair and wash your face.
6. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.
7. Apply a thin layer of the mask all over your face, avoiding your eye area. Lie back, relax, and leave the mask on for about 1 to 2 minutes.
8. Rinse your face with warm water and pat dry with towel.

Your facial treatment can be stored in cool place for up to one week until ready to use.

Bored with the same old routine? Try these ideas!

- Set up a spa in your bedroom or bathroom. Put on some music, and invite your friends over for a spa getaway. Set up facial stations in one room, a lotion mixing area in another, and a bath balm boutique in a third. Experiment with scents, and then trade perfumes.
- Take a spa study break. Relax in your tub with a face mask or bath oils before a big test. Or you can use an energizing scrub so you're ready to go!
- Have a spa sleepover or birthday party. Just don't fall asleep before everybody else, or they'll get pictures of you in your banana oatmeal face mask!
- Check out the rest of Scientific Explorer's spa products for some more great ideas, and learn how to make lotion, face masks, and more!

The French Perfumer's Secret

Now you can know the top secrets behind the famous French Perfumeries. To become a great perfumer, you must get to know your fragrant oils before you can create beautiful smelling perfume mixtures. An experienced perfumer with a good nose can remember up to 10,000 fragrance elements. By combining scents from hundreds of small bottles in the lab, the perfumer can develop new fragrances and perfumes. It's a lot like an artist painting a picture by combining various colors.

Perfumers train their noses to remember and distinguish between different smells. With years of experience, good perfume makers learn to detect small differences between thousands of scents. You can develop a good nose too, with some practice.

Become a Perfumery Expert!

This activity will help you learn and remember the names of the fragrances by their odor.

What you need from your kit:

- French Vanilla essential oil
- Sweet Strawberry essential oil
- Caribbean Coconut essential oil
- Spa eye mask (optional)

What you need to get:

- Partner
- Piece of paper
- Pen

What you do:

1. Open the Caribbean Coconut essential oil bottle and take a good whiff. Try to imagine a picture to go with it (perhaps a white sandy beach or palm trees). Close your eyes and smell it again. Try to memorize the mental picture that goes with the fragrance.
2. Close the bottle and give your nose a break for at least one minute.
3. Now repeat the 1st step. Can you recall the fragrance and the mental picture?
4. Wait at least 5 minutes. Repeat steps 1-3 with the other two fragrances. It is very important to give your nose at least a 5 minute break between the fragrances. Otherwise, your nose will be overwhelmed and the fragrances will all begin to smell the same.

Now it's time to test your fragrance memory...**What you do:**

1. Have your partner let you smell one of the essential oils without you seeing which one it is. (Your partner can blindfold you with the spa mask, if you want).
2. Guess what the fragrance is and write it down on a piece of paper. Use the mental pictures you created to help you remember the name of the fragrance.
3. Do the same with the other two fragrances. Don't peek at the fragrance names before you've finished guessing all three.
4. Compare your answers with the correct names. How many did you get right?

Movie Star Power

Let's experiment with scents to create a new perfume even a star would enjoy!

What you need from your kit:

- 1 empty gift bottle (clean)
- 1 pipette
- French Vanilla essential oil
- Sweet Strawberry essential oil
- Caribbean Coconut essential oil

What you do:

Note: Make sure you wash and dry your pipette before you dip it into the different fragrances. You don't want to contaminate any of them!

1. Put the following amounts of each scent into the gift bottle:
40 drops French Vanilla essential oil
20 drops Caribbean Coconut essential oil
8 drops Sweet Strawberry essential oil
2. Put the top on the bottle and shake well to mix the scents.
3. Now, smell your perfume. Can you detect each individual essential oil? If you want to increase the strength of any of the odors, try adding one or two drops at a time until the mixture suits you.

Ace your Next Test

While you are studying for your next test, get out a vial of your favorite fragrance and dab some of it on your wrists. Scientists have discovered that we interpret scents in the olfactory bulb, which is in the limbic system of the brain. This section is where memories are stored. Wear the same scent to your test and smell it during your exam. Who knows, it may help!

Exotic Island Fragrances

Now you can make your own unique scent! Use the pipette to combine the Caribbean Coconut, Sweet Strawberry, and French Vanilla essential oils. Then record your findings, and discover your new favorite fragrance.

What you need from your kit:

- Pipette
- Caribbean Coconut essential oil
- Sweet Strawberry essential oil
- French Vanilla essential oil
- Empty gift bottles (clean)

How you do it:

Take the pipette and put a few drops of one of the essential oils into a gift bottle. Then thoroughly wash the pipette and put a few drops of a different oil into the same container. Record the amounts used so you can vary them later. Do a smell test – do you like the new scent? Would it be better with more or less of one of the oils? Keep experimenting until you find ones you like!

	Number of Drops of Caribbean Coconut	Number of Drops of Sweet Strawberry	Number of Drops of French Vanilla	Scent Name
Scent 1				
Scent 2				
Scent 3				
Scent 4				
Scent 5				
Scent 6				

Have you found the perfect scent? Bottle it up in one of the empty bottles in your kit! You have enough bottles to keep some perfume for yourself and give some to friends. But before you give any of your concoctions away, you'll have to decorate labels!

Making Your Mark

Cool labels are essential, whether you're giving your spa products to friends, keeping them for yourself, or becoming an entrepreneur and starting your own line!

What you need from your kit:

- Empty gift bottle

What you need to get:

- Color pencils and markers

Become a marketing whiz

The first step towards great labels is a great name. Brainstorm by thinking about how your product smells, what it looks like, what it does. Come up with something catchy and clever, or basic and straightforward. It's up to you how you want your product to be presented! If you want, you can even design some artwork for the labels.

If you are going to start your own natural product line, think up a name for your business. Come up with a logo that includes your business name.

Don't forget you can turn any of your favorite perfumes into a scrub or bath soak. Just add 5-10 drops of your perfume to ½ cup sea salt or drizzle a small amount of perfume into your bath.

Island Goddess Foot Soak

Live in the luxuries of an island goddess! Emerge with silky soft feet.

What you need from your kit:

- 10 drops Caribbean Coconut, Sweet Strawberry, or French Vanilla essential oil
- Pipette

What you need to get:

- A large shallow bowl to rest your feet in (bathtub will also work)
- Flowers
- Water

What you do:

1. Fill the bowl with cool water (or fill the bathtub with just enough water to cover your feet).
2. Using your pipette, add 10 drops of an essential oil.
3. Place flowers into the bowl (or bathtub) so that they float on top of the water.
4. Rest your feet in the bowl (or bathtub) for 5-10 minutes. The cool water will be instantly refreshing.

Caribbean Fizz Sugar Cubes

What you need from your kit:

- Pipette
- 2 tablespoons citric acid
- ½ cup Baking Soda
- 6 drops Caribbean Coconut essential oil

What you need to get:

- Small mixing bowl
- Measuring spoon or cup
- ½ teaspoons water

What you do:

1. Add ½ cup Baking Soda, 6 drops Caribbean Coconut essential oil, and ½ teaspoons water to the mixing bowl. Mix well.
2. Add 2 tablespoons citric acid and use your fingers to blend the mixture together well.
3. Mold the mixture into cube shapes. Put a small amount in your hands and pack it tightly in the form of a small cube, adding more as it gets firm.
4. Makes 4-5 cubes, about 2" by 2".
5. Let the cubes sit in a dry place for at least an hour before using. When you're ready to use, run a bath. Get into it, and then drop the cubes into the water while it is still running.

Sweet Strawberry Island Cool Breeze

Fill a gift bottle $\frac{1}{2}$ full of Baking Soda, and then add citric acid until the bottle is $\frac{3}{4}$ full. Screw on the cap and shake well. When you are ready for a bubble break, pour some of the mixture into your bath water. Watch as your bath fizzes from the Baking Soda and citric acid reaction! Then add drops of Sweet Strawberry to your bath.

Café Vanilla Frappe Pre Glazing Bath or Shower Wash

This is the next best thing to drinking coffee. Kick back and turn on some music!

What you need from your kit:

- $\frac{1}{2}$ tablespoon natural oats
- 1 tablespoon sea salt
- 10 drops French Vanilla essential oil
- Pipette
- Clean empty storage jar
- Spatula

What you need to get:

- 4 tablespoons honey, slightly warm
- 4 tablespoons coarsely ground coffee
- Measuring spoon
- Paper towels (or newspaper)
- 2 $\frac{1}{2}$ tablespoons water
- Mixing bowl

What you do:

Be sure to lay down paper towels (or newspaper) before you start – this activity is messy and could stain!

1. Add all of the ingredients to the bowl.
2. Mix well with the spatula.
3. If the mixture is too thick, add more teaspoons of honey and 4-5 drops of water.
4. Stir again.
5. Spoon mixture into your jar and store in a cool place for about 1-2 weeks if you're not ready to use it yet. Or, give it as a great gift! This glaze is perfect for when you're stressed out. Or before going out for the night.
6. To use, smooth on your legs and body, and then rinse off in the bath or shower.

Surfing Oahu Scrub

What you need from your kit:

- 5-10 drops Caribbean Coconut essential oil
- 5-10 drops Sweet Strawberry essential oil
- 5-10 drops French Vanilla essential oil
- Pipette
- ½ cup sea salt

What you need to get:

- Medium-sized mixing bowl
- Plastic container with cover

What you do:

1. Using your pipette, add 5-10 drops of each essential oil to the empty gift bottle. Screw cap on tightly and shake.
2. Place ½ cup sea salt in a bowl and add the essential oil mixture.
3. Using your hands, mix the ingredients together well.
4. Store the mixture in a covered plastic container until you are ready to use it. Leftovers can be stored in your refrigerator for up to one month.
5. To apply, soak in your bath for a moment so that your skin is completely wet. Rub small handfuls of the salt rub all over your body in brisk circular motions. Pay special attention to rough spots like your elbows and heels. Avoid your face and other sensitive skin, as well as cuts and scratches. Rinse off when you're finished.

More Fun Activities to Try!

Sweet Honey Mask

Oats are great for cleansing and softening skin, while honey moisturizes and helps get rid of blackheads.

What you need from your kit:

- 1 tablespoon natural oats

What you need to get:

- 2 tablespoons honey
- Mixing bowl
- Washcloth
- Towel

What you do:

1. Add 1 tablespoon oats and 2 tablespoons honey to the mixing bowl and mix the ingredients together.
2. To apply, pull your hair back and wash your face.

3. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.
4. Apply the mask all over your face, avoiding the eye area. Lie back, relax, and let the mask work for 10 to 15 minutes. If your face starts to feel itchy and uncomfortable, wash it off immediately.
5. Rinse off the mask. If your mask is really chunky, use the washcloth to gently wipe it off your face, shaking the bits of mask into the trash. Pat dry with towel.
6. Discard any unused mask.

Natural Oats Yogurt Mask

The combination of oats and yogurt in this mask will soften your skin – yogurt is an ancient recipe for instantly soothing skin.

What you need from your kit:

- 2 tablespoons natural oats

What you need to get:

- 1 tablespoon yogurt, any kind
- Mixing bowl
- Spoon
- Towel
- Washcloth

What you do:

1. Combine the oats and yogurt in a bowl, crushing the oats as you mix.
2. Continue to stir as the oats begin to break and soften. The mask should be creamy. If it is too thick, add more yogurt.
3. To apply, pull your hair back and wash your face.
4. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.
5. Apply the mask all over your face, avoiding the eye area. Lie back, relax, and leave the mask on until it is dry.
6. When the mask is completely dry, rinse your face. Pat dry with towel.
7. Discard any unused mask.

Strawberry-Honey Bentonite Mask

What you need from your kit:

- 1 tablespoon Bentonite clay

What you need to get:

- 1 ripe strawberry (or 1 thawed frozen strawberry or other fruit)
- 1 tablespoon honey, slightly warm
- Mixing bowl
- Fork
- Washcloth
- Towel

What you do:

1. Put strawberry in a bowl and mash with a fork.
2. Add honey and stir.
3. Add a little clay at a time, while continuing to stir. If the mixture is too wet, add more clay. Too dry, add more honey.
4. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten the skin.
5. Apply the mask all over your face, avoiding the eye area. Lie back, relax, and leave the mask on for about 15 minutes. If your face starts to feel itchy or uncomfortable, wash it off immediately.
6. Rinse your face and discard any unused mask. Pat dry with towel.

Chocolate Clay Facial Mask

What you need from your kit:

- 3 teaspoons natural oats
- 3 teaspoons Bentonite clay

What you need to get:

- 1/3 cup cocoa
- 3 teaspoons milk
- 1/4 cup honey
- Mixing bowl
- Spoon
- Water
- Towel
- Washcloth

What you do:

1. Mix all of the ingredients together. If the mask seems too thick and dry, add drops of water until you have a paste. If it is too runny, add a little more clay.
2. To apply, pull your hair back and wash your face.
3. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.

4. Apply the mask all over your face, avoiding the eye area. Lie back, relax and leave the mask on for 10 minutes.
5. Rinse your face, pat dry with towel.
6. Discard any unused mask.

Banana Oatmeal Honey Mask

What you need from your kit:

- 1 tablespoon natural oats
- Eye mask

What you need to get:

- 2 tablespoons honey, slightly warm
- 1 ripe banana
- Mixing bowl
- Towel for clean up
- Washcloth

What you do:

1. Add 1 tablespoon oats and 2 tablespoons honey to mixing bowl.
2. Peel and mash banana, and then add it to the mixing bowl.
3. Mix ingredients together.
4. To apply, pull your hair back and wash your face.
5. Run a washcloth under warm water, squeeze out the excess water, and hold it to your face for about 10 seconds to open your pores and moisten your skin.
6. Apply the mask all over your face, avoiding the eye area. Lie back, relax and leave the mask on until it is dry.
7. When the mask is completely dry, rinse your face. Pat dry with towel.
8. Discard any unused mask.
9. When you are done with the face mask, chill out in your spa eye mask!

Natural Blemish Treatment

What you need from your kit:

- 1 tablespoon natural oats

What you need to get:

- 1 ripe tomato
- 1 teaspoon of squeezed lemon or lemon juice
- Knife
- Mixing bowl
- Spoon
- Washcloth
- Towel

What you do:

1. Chop the tomato into small squares and put it into a bowl.
2. Add the other ingredients into the bowl, and blend in a paste. The paste

should be thick, so you can add more oats if you need to.

3. To use, apply it to areas of your skin that need treatment.
4. Leave the paste on for two or three minutes, and then wipe it off with a warm washcloth. Pat dry with towel.

Caribbean Island Spa Treatment

What you need from your kit:

- ¼ cup natural oats
- 1 drop Caribbean Coconut essential oil

What you need to get:

- 1 tablespoon honey
- Mixing bowl
- Spoon
- Washcloth
- Towel

What you do:

1. Mix the ingredients together in a bowl until you have a smooth paste.
2. To use, smooth over your hands or face.
3. Leave on for 2-3 minutes while relaxing.
4. Wash off with a warm washcloth. Pat dry with towel.

Blueberry Honey Face Mask

This mask works to deep clean your skin – plus it feels great!

What you need from your kit:

- ½ cup natural oats
- 1 drop French Vanilla essential oil

What you need to get:

- ¾ cup blueberries
- 1 tablespoon honey
- Mixing bowl
- Spoon
- Towel

What you do:

1. Mash all of the ingredients together in a bowl.
2. Spread the mixture over your face, and let sit for 2-3 minutes.
3. Rinse with warm water, and then splash your skin with cool water. Pat dry with towel.
4. If you are not ready to use this mask right away, you can store it in your fridge in a sealed container for up to a week.

Whipped Apple Pie Body Scrub

This scrub will make your entire body glow.

What you need from your kit:

- 2 tablespoons natural oats
- 1 cup sea salt
- 2 drops French Vanilla essential oil

What you need to get:

- 5 tablespoons whipping cream
- 1 tablespoon honey
- 3 tablespoons apple juice
- Spoon
- Mixing bowl

What you do:

1. Warm whipping cream in microwave for 15 seconds.
2. Add the apple juice, honey, natural oats, sea salt and French Vanilla essential oil.
3. Stir all of the ingredients together.
4. Let the mixture sit in the refrigerator in a covered container for at least 8 hours before using.
5. In the bathtub or shower, use the scrub over your entire body except for your face. Rinse well.

Now that you know all of nature's secret recipes, you can set up your own spa all the time! Use what you've learned to make gifts for friends, or simply to relax after a long day.

Lab Notes

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