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.

Create your own special scents!
Let’s Have Some Fragrance Fun!

Welcome to your Spa-la-la kit and the flowery art of Perfumery! With your kit, you will create fragrances using your own special formulas. You will also make beautifully scented gifts for your friends and family. Sweet!

What’s included in your Kit:
- Apple fragrance
- Heliotrope fragrance
- Jasmine fragrance
- Lily of the valley fragrance
- Peppermint fragrance
- 2 Roller top bottles
- 8 Storage bottles
- 1 Sheet of custom bottle labels
- 5 Pipettes

Other things you will need:
- Fine point permanent marker
- Tape
- Scissors
- Clean jar or storage container
- Vegetable oil (odorless oil like sunflower, safflower, canola, or corn oil)
- Small bottle or jar with lid
- Cheesecloth or gauze

Before you begin:

It is very important to always use the same pipette for the same fragrance. Use a permanent marker to write the first letter of a fragrance on each pipette. Only use pipette “A” with the Apple fragrance, pipette “J” with the Jasmine fragrance, and so on. This keeps each fragrance pure.

WARNING:
Adult Supervision Required

1. Do not drink any of the fragrances. They smell wonderful but they are for external use only.
2. Keep the fragrances away from your eyes and mouth.
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 the top on tightly. This will make the fragrance last longer and avoid spills.
Activity #1: A Pretty Floral Scent

All you have to do is follow this recipe to make your first perfume. It is a combination of scents you will love.

What you'll need from your Kit:
- Jasmine fragrance
- Lily of the valley fragrance
- Heliotrope fragrance
- Apple fragrance

Other things you will need:
- Fine point permanent marker
- Storage bottle

What you do:

Step 1:
Put these amounts of each fragrance in a storage bottle:
- Jasmine - 30 drops
- Lily of the valley - 8 drops
- Heliotrope - 2 drops
- Apple - 1 drop

Step 2:
Screw the top on the bottle and shake it well to mix the fragrant oils. Open the bottle and sniff. Love it?

Step 3:
Remember, you are the designer. If you want more of any of the fragrances, add it one or two drops at a time until you like the mixture of scents.

Step 4:
When your floral scent is just right, use the marker to write the name on a label. Stick the label to the bottle.

Check it Out!
When you finish any of your fragrances, you have the choice of putting it into a storage bottle or a roll top bottle. When choosing a roll top bottle, pour the fragrance into the bottle and fit the plastic roll top into the bottle opening. You will then be able to roll the scent right onto your skin!

Activity #2: A Pepperminty Fresh Scent

This scent is totally different than the floral scent you already made. It is mostly peppermint oil and that makes it very fresh smelling!

What you'll need from your Kit:
- Peppermint fragrance
- Lily of the valley fragrance
- Heliotrope fragrance
- Apple fragrance

Other things you will need:
- Fine point permanent marker
- Storage bottle

What you do:

Step 1:
Put these amounts of each fragrance in a new bottle:
- Peppermint - 25 drops
- Apple - 4 drops
- Lily of the valley - 3 drops
- Heliotrope - 3 drops

Step 2:
Screw the top on the bottle and shake it well. Open the bottle and smell the fragrance.

Step 3:
Make changes to this mixture if you want to. It is OK to use less of any of the fragrances than the recipe says, or totally leave one out.

Step 4:
When your fresh scent is just right, use the marker to write the name on a label. Stick the label to the bottle.
Activity #3: Make Your Own Special Formulas

Now that you know how the scents mix, try creating your own perfumes. Fun! Write down what you put in each mixture in case you want to make it again later. Be sure to think of a good name for each one.

**Mixture 1:**
Perfume name:

Ingredients:
(Fragrance) (# of drops)

**Mixture 2:**
Perfume name:

Ingredients:
(Fragrance) (# of drops)

**Mixture 3:**
Perfume name:

Ingredients:
(Fragrance) (# of drops)

**Mixture 4:**
Perfume name:

Ingredients:
(Fragrance) (# of drops)

Activity #4: Garden Treasures

Making fragrance oil from flowers in your garden really works! This is how perfume companies do it. Now, you try!

**What you'll need:**
- Fresh flowers
- Scissors
- Vegetable oil
- Clean jar or storage container
- Small bottle or jar with lid
- Cheesecloth or gauze

**What you do:**

**Step 1:**
Collect some pleasant smelling flowers.

**Step 2:**
Cut the blooms off the stems and throw the stems away. Put the blooms in a clean jar or storage container with a lid.

**Step 3:**
Pour in just enough vegetable oil to cover the flowers.

**Step 4:**
Put the lid on the container and let the mixture sit for 3-4 weeks. During this time, you may add more flowers if you like.

**Step 5:**
After 3-4 weeks, pour the oil into a small bottle or jar. It is a good idea to strain the oil to keep flower particles out of the bottle. Lay a piece of cheesecloth or gauze over the opening of the jar. Pour the oil through it. Remove the cheesecloth. Seal the jar up nice and tight.

**Step 6:**
Remember to label your awesome fragrance invention!

**Note:** You can make great fragrance oils with citrus fruits too. Oranges, lemons, and limes have clean, fresh scents and are available all year long. Citrus oils mixed with floral oils are amazing! Try it!
More Fragrant Fun!

Here are a few more great things you can make with this kit! Make them to give as gifts, or invite your friends over to make them with you.

**Perfume Party**
Invite your friends over for a cool perfume party! Try Activity #3 or #5 with them. It will be fun showing them how to mix fragrance oils together to make perfumes. Each of your friends can invent her own secret recipe. Decorate cute little bottles for your guests to take their perfumes home.

**Fragrant Gifts**
Personalize a gift for someone special. Mix up your favorite perfume recipe. If you use one you invented, it makes it even more personal. Put it in one of the storage bottles, label it, and sign it like the star you are!

**Fragrant Necklace**
Collect some nice smelling flowers. Pick off the petals and string them together with a needle and thread. Be careful with that needle! Stitch a pretty satin ribbon at each end to make the necklace. Add a few drops of your favorite fragrance. Tie around your neck with the ribbons.

**Air Freshener**
Making your own room deodorizer is so easy! Gather 10-15 cotton balls. Add 2 drops of any of your mixed up fragrances to each cotton ball. Put the balls in a pretty cup or bowl and place it in your room. It will give your room a nice scent.

**Rose Fragrance Oil**
Make a batch of fragrance oil with only roses, just like in Activity #4. Mmmm, stop and smell the roses!

**Rosebud Necklace**
Do the same as for the Fragrant Necklace, except use rosebuds. Add a couple drops of your new Rose Fragrance Oil (see above). Your necklace will look great and smell sweet for a long time.

**Spicy Bracelet**
Soak whole cloves in warm water for at least 24 hours. When they are soft, use a needle and thread to string them together. Wrap around your wrist, knotting the ends together. You will smell great wherever you go!

**Fragrant Bath Oil**
Add about 15 drops of any of your fragrances to warm bath water. Get in, relax, and enjoy! The citrus oils you can make in Activity #4 are really great as bath oils!

**Fragrant Herbs and Spices**
You can make fragrance oils with herbs and spices from the garden or the store. Follow the directions in Activity #4, but use spices or herbs instead of flowers. Some good choices to try are cinnamon sticks, star anise, or cloves.