



DIY Aromatherapy Rice Heating Pad

Materials:

- 4-6 cups of rice
- 1 long sock (men's big and tall sock)
- Lavender essential oil
- Decorative ribbon or twine (optional)

Instructions:

Mix the rice with 10-15 drops of the lavender oil, then pour the rice into the sock and tie a knot at the end. Use the ribbon or twine to reinforce your knot and add a decorative touch!

To heat, put the sock into the microwave for about a minute the first time. Test it to see how hot it is (depending on the settings of your microwave, heating time may vary) and put it back in for a 15-30 second intervals until it's the desired temperature.

For extra aroma therapy, you can add a few drops to the outside of the sock before putting it in the microwave. If you have a cold, try adding some eucalyptus oil, too!

