

Activity: Nature Goal: Psychological/Emotional Populations: All

TH Activity Plan – Lavender Misting Spray Atomizer

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Materials

Lavender sprigs
Lavender essential oil
Distilled water
Small funnel or pourer
Small plastic spritz bottles
Flower snips
Raffia or ribbon
Decorative labels
Permanent markers

ACTIVITY DESCRIPTION: Participant(s) will mix an herbal spray for use in individual spritzer/atomizer bottle(s).

THERAPEUTIC GOALS:

Cognitive/Intellectual: Cognitive practice of following sequential steps; learning about plant history

Physical: Practice hand dexterity

Psychological/Emotional: Strategy for self-care

Sensory: Enhance mood through sensory stimulation

Social: Make a health product in a group setting

STEP-BY-STEP PROCESS:

1. **Pre-Session Prep:** Gather materials.
2. Participants will select an atomizer bottle and remove the spritzer top (clear or colored bottles are available).
3. Select a tender spring of lavender and, using snips, cut to a length shorter than the spritzer bottle height without spritzer top off. Place the sprig inside. It should fit vertically inside the bottle resting against one side.
4. Fill the spritzer with distilled water to just below the threaded neck of the bottle with the lavender sprig in place. Add one to two drops of the essential oil. Use of oil is optional; oil does enhance fragrance.
5. Inset sprayer top back into bottle and close tightly. Attach clear protector tops if available.
6. Attach a decorative label to neck of bottle with the ribbon or raffia or write directly on bottle with permanent colored markers.

APPLICATIONS FOR POPULATIONS: Originally delivered as an HT/TH activity for adolescent girls in an outdoor nature program, the focus was on the use of natural cosmetic products as well as learning how plant material can have therapeutic value. Activity has been used for elder and behavioral health populations. Therapeutic goals can include fine motor coordination; an opportunity for socialization (and reminiscing among seniors); & decision making. In each of these applications, discussion of

how plants can be used to improve health and well-being can be introduced (e.g., spraying the lavender on a pillow may aid in sleep, use of natural products). Research has identified health benefits of aromatherapy with all populations including children. See reference below (Children's Hospital of Philadelphia, 2018).

SAFETY CONSIDERATIONS: It is important to stress to participants that the misting spray is to be used topically only and contents should not be ingested. Use of essential oil may not be appropriate/safe for some populations. Leader may choose to put essential oil into participants' bottles.

NOTES OR OTHER CONSIDERATIONS: Rosemary or other herbs can be grown as a related activity, with sufficient timing for rosemary to grow large enough to allow for harvesting. Health benefits of rosemary include antioxidant, antiviral & antifungal properties in addition to manganese. Clear plastic sprayer bottles are preferred, tinted bottles are acceptable. Use of essential oil is optional. Refrigerating the lavender misting spray may prolong the life of the contents and provides a cooling benefit on a hot day. Using distilled water helps reduce the decomposition of the lavender; the contents should be poured out if the water becomes cloudy. Bottles may be reused.

Related therapeutic horticulture activities, some of which are in THAD database include: lavender wand, herb cream, lavender soap balls & dream pillows.

REFERENCES/ RESOURCES:

Children's Hospital of Philadelphia. (2018). How aromatherapy can help children.

<https://www.chop.edu/news/health-tip/how-aromatherapy-can-help-children>

Farrar, AJ. & Farrar, FC. (2020 Dec). Clinical aromatherapy. *Nurs Clin North Am.*, 55(4), 489-504.

Ra, E.H., Yun, S.Y. & Choi, B.J. (2018). The effects of horticultural therapy using *lavandula stoechas* on vital signs, pain, and sleep satisfaction of hospice patients. *Journal of People, Plants, and Environment*, 21(4), 271-277.

WebMD. (2023). Health benefits of rosemary. <https://www.webmd.com/diet/health-benefits-rosemary>

Spritzer/atomizer bottles are available in travel section of local drug or discount stores.

On-line bottle supplier source: www.midwestbottles.com

Edits were made for THAD purposes in 2023.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.