

IMAJEN Playdough Workshop

1. **Lavender:** Lavender is one of our loveliest garden plants, and because it is so successful in landscapes, one forgets that it is primarily a herb, and an extraordinarily useful one at that. It has a long list of attributes. Besides its fragrance and beauty, it is an ancient medicinal plant, an effective pest repellent, a valuable companion plant, a culinary flavouring and garnish and household freshener and cleaning agent. The flowers also attract bees and butterflies. <https://www.gardenandhome.co.za/gardening/kitchen-gardening/all-you-need-to-know-about-growing-lavender/>



2. **Rose Geranium:** Geranium oil is commonly used as an element in **aromatherapy** for its many health benefits. It's used as a holistic treatment to improve your physical, mental and emotional health. Used by the Egyptians for promoting beautiful and radiant skin, geranium oil is now used to treat **acne**, reduce **inflammation**, alleviate anxiety and balance **hormones**. This sweet-smelling oil can also uplift your mood, lessen fatigue and promote emotional wellness. <https://draxe.com/10-geranium-oils-benefits-healthy-skin-much/>



3. **Ginger:** As one of the most used dietary condiments in the world today, it's no wonder that the benefits of ginger are pretty impressive. With its zesty, peppery flavour and its extensive list of health benefits, ginger root is equal parts delicious and nutritious. It's versatile, easy to use and has been associated with everything from beating motion sickness to better brain function. <https://draxe.com/10-medicinal-ginger-health-benefits/>



4. **Vanilla:** Vanilla is a flavouring derived from orchids of the genus *Vanilla*, primarily from the Mexican species. The word *vanilla*, derived from *vainilla*, the diminutive of the Spanish word *vaina* (*vaina* itself meaning sheath or pod), is translated simply as "little pod". Spanish conquistador Hernán Cortés is credited with introducing both vanilla and chocolate to Europe in the 1520s. <https://en.wikipedia.org/wiki/Vanilla>



5. **Cocoa:** The chocolate-making process starts with cacao beans from cacao trees. After cacao beans are picked and fermented (to reach their full flavour potential), they are dried and roasted, then ground into a paste. From this paste, cocoa butter can be extracted, leaving the dry cocoa powder. A combination of the cocoa powder and cocoa butter (with the addition of some sweeteners) is used to make the chocolate that we hold dear to our mouths. <https://spoonuniversity.com/lifestyle/5-healthy-reasons-start-eating-cocoa-powder>



6. **Lemon:** The health benefits of lemon include treatment of indigestion, constipation, dental problems, throat infections, fever, internal bleeding, rheumatism, burns, obesity, respiratory disorders, cholera, and high blood pressure, while also benefiting your hair and skin. Known for its therapeutic property since generations, lemon helps strengthen your immune system, cleanse your stomach, and is considered a blood purifier. <https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-lemon.html>

