



WARNING!

For children over 8 years of age. Use under adult supervision. Not suitable for children under 3 years of age due to small parts which may represent a choking hazard.

Contains fragrances which may cause an allergic reaction.

The fragrances are not toxic, but if fragrances enter the eye, rinse immediately with plenty of cold water. Do not consume the fragrances. If consumed, drink plenty of cold water. Do not induce vomiting.

If symptoms persist, consult a doctor, and take this booklet with you.

CAUTION!

Read these instructions before use, follow them and keep them for reference.

Keep young children and animals away from the experimental area. Store this set in its original packaging out of reach of children under 8 years of age. Clean all equipment after use. Make sure that all containers are fully closed and properly stored after use. Ensure that empty containers are disposed of properly (in household waste or plastics recycling). Wash hands after carrying out the activities. Do not use equipment which has not been supplied with this set or recommended in the instructions for use. Do not eat or drink in the area in which you are carrying out

the activities. Do not allow chemicals to come into contact with the eyes or mouth.

This kit contains genuine fragrances. These can stain wood surfaces and may damage certain plastics and painted surfaces, so please make sure that activities are carried out on a suitable surface, such as a kitchen sink drainer, or on kitchen work surfaces protected by several layers of newspaper (to absorb any spills). Always thoroughly dry the fragrance bottles, pipettes, and work area with kitchen paper after use.

INGREDIENTS:

Aqua; PEG-40 Hydrogenated Castor Oil; Glycerin; Polysorbate 80; Potassium Sorbate; Caprylyl Glycol; Ethylhexylglycerin; Parfum.

Allergens over 0.01%

Allergen	CAS Number	De-Stress	Relax	Unwind	Uplift
Limonene	5989-27-5	X	X	X	X
Linalool	13906-04-4	X		X	

See our full range of toys and gifts at:
www.playmonster.co.uk



Designed and manufactured by:
PlayMonster UK Ltd.
Artisan, Hillbottom Road, High Wycombe.
HP12 4HJ.
Please retain our address for future reference.
The FabLab® trademark is registered in the UK to PlayMonster UK Ltd. Made in China.
Copyright ©2021 PlayMonster UK Ltd.

Product Code FL007A

Authorised Representative and Responsible Person in the EU (for the purposes of Toy and Cosmetic Safety Directives): Delphic HSE (Europe) B.V., The Base B, Evert van Beekstraat 104, Schiphol, 118CN, Netherlands.

Contents

- . 4 x 7ml Scents - Uplift, Relax, Unwind, De-Stress
- . 1 x Diffuser Bottle
- . 5 x Diffuser Reeds
- . 1 x Spray Lid
- . 3 x Lava Beads
- . 3 x Bead Cages
- . 1 x Lobster Clasp
- . 1 x Necklace Chain
- . 1 x Waxed Black Cord
- . 10 x Round Silver Beads
- . 10 x Jump Rings
- . 1 x Pink Sleeping Mask
- . 9 x Felt Stickers



Instructions

Wellness Kit



Wellness Kit

In this part of the book, we'll show you how to use all the parts in your Wellness Kit to help improve your well-being!

Creating the Room Diffuser

For this you will need:

- Ribbed FabLab Diffuser Bottle
- Metal Diffuser Cap
- Wooden Reeds
- 1 x Any Fragrance of your choice

With the diffuser cap off, fill 3/4 of the diffuser bottle with cold tap water. Using the dropper on the fragrance bottle, put in about 15 drops (or more depending on how strong you'd like the smell) of your chosen scent into the water.



Combine the water and scent by stirring with one of the diffuser reeds and then screw the cap on. Pop in as many reeds as you like to allow the wood to absorb the scent and naturally diffuse into the room. If you like a more subtle scent or are using the diffuser in a small room, you can use fewer reeds to diffuse the fragrance more slowly.

With the right care, the scent in your diffuser should last up to a week - flip the reeds every so often to ensure they don't become over-saturated and top up with fragrance to help it last longer. We also recommend keeping the diffuser out of sunlight and away from radiators, this is because the heat will draw the fragrance through the reeds quicker and cause it to evaporate more quickly.

Here are our suggestions for diffuser locations depending on the fragrance:

-  **Uplift** - Use in the bathroom to wake yourself up in the morning
-  **Relax** - Keep next to your bed to help relax and unwind at night
-  **De-Stress** - Put on a desk to help with stress when doing homework
-  **Unwind** - Place in your living room to create a cosy atmosphere

To find more information, look at page 8-9 in your Wellness Booklet!

Using the Pillow Spray

For this you will need:

- Ribbed FabLab Diffuser Bottle
- Metal Spray Lid
- 'Relax' Fragrance

Fill almost to the top of the FabLab bottle with tap water. Using the dropper on the 'Relax' fragrance bottle, put about 10 drops (or more depending on how strong you'd like the smell) into the water.

Screw on the spray lid tightly and shake to combine the scent and water.



Hold 30cm from your pillow and spray a light mist, allow to dry before getting into bed to enjoy a relaxing night's sleep!

Decorating your Sleeping Mask

For this you will need:

- Sleeping Mask
- Felt Stickers

Peel the backing paper off the stickers. Arrange on the sleeping mask as you'd like.



Wear and sleep soundly, with no light disturbances!

Applying Scents to Lava Beads

For this you will need:

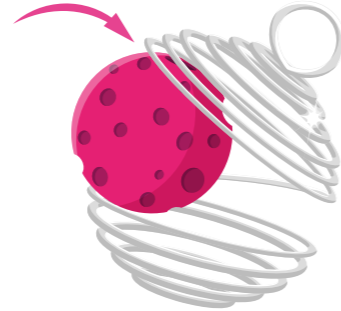
- A Lava Bead
- Lava Bead Cages
- 1 x Any Fragrance of your Choice
- Paper Towel

Pop on the gloves and lay the lava bead on top of the paper towel. Put 3 drops of the fragrance onto the bead and leave to dry for about 10 minutes (the bead is dry when it stops looking shiny).

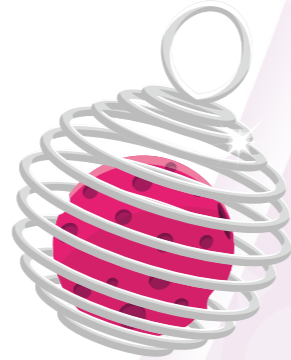


4

With the gloves still on, open the bead cage gently by pulling the middle apart whilst squeezing your thumb in-between the spirals to wedge it open.



With your other hand, push your lava bead through, let go and the cage should pop back into shape!



Making Jewellery

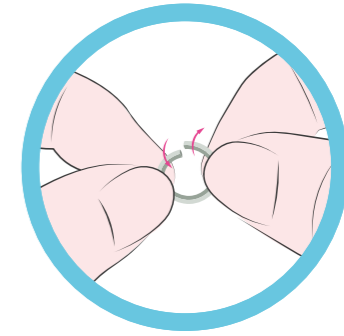
For this you will need:

- Necklace chain
- 2 x Jump Rings
- Lobster Clasp
- Scented lava bead in a bead cage

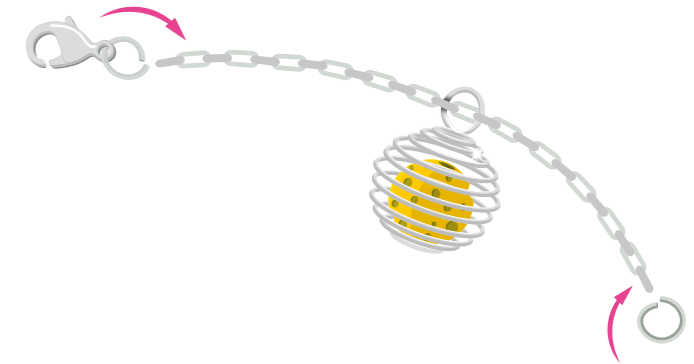
To start, thread the lava bead cage onto the necklace chain.



Then attach the first jump ring onto one end of the chain. (To open the jump ring, gently twist the ends away from each other and twist back the other way to join.)



Attach the second jump ring to both the lobster clasp and the other end of the chain.



Open the lobster clasp by pushing the little tab down and wear - now you can take your scented lava bead and enjoy its benefits anywhere!

5

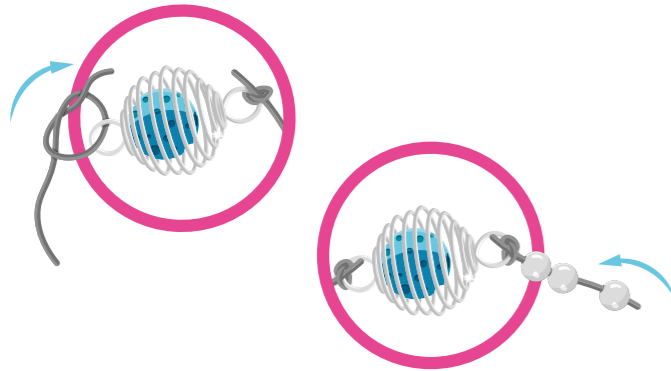
Cord Bracelet

For this you will need:

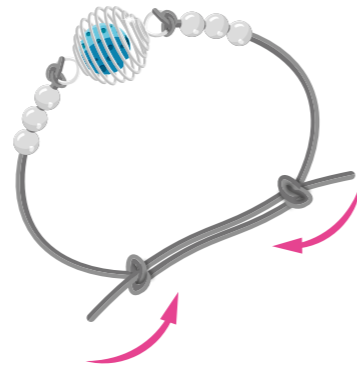
- Black Cord
- Scented Lava bead in a bead cage

Measure out two 8cm pieces of cord with a ruler and cut. Next, tie the ends of the cord onto the double-ended bead cage.

Thread the small silver beads either side of the bead cage.



To join the bracelet together, pick up one piece of cord and loop the end over, under and around the second piece of cord to make a knot.



Repeat this action with the second piece of cord by wrapping it around the first. This may be a little tricky to do at first, so ask an adult if you're stuck. Put on your wrist and pull the knots away from each other to tighten!



Mobile Phone Holder

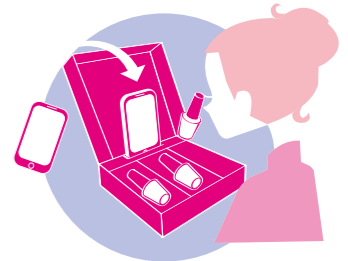
Included in your FabLab kit is a mobile phone holder, which lets you easily view our cool "how-to" videos packed with exciting content to discover new techniques and styles.

Simply place your phone into the holder and go to our channel at youtube.com/fablabuk.

Share your wellness journey!

We would love to see your creations! Share your jewellery and sleeping mask designs with us...

@fablabuk



See our full range of toys and gifts at:
www.playmonster.co.uk

