

# Aromatherapy Sachets

Making homemade sachets is a fun and easy way of practicing self-care through aromatherapy and crafting! Many of the materials for these sachets, like flower petals and orange rinds, are inspired by the nature found in still lifes, landscapes, and other artworks in the Davis's permanent collections. Think of these sachets as scented snapshots of art that you can experience at any time!



# Aromatherapy Sachets

## Materials:

- Small bag with a somewhat open weave
- Dried herbs (lavender, mint, or other herbs used for cooking), dried flowers, orange rinds, cloves, potpourri, or scented Epsom salts
- Optional: essential oil, needle and thread, markers or gel pens

## Instructions:

1. Find a small bag with a somewhat open weave.
2. Fill the bag with your choice of dried herbs, dried flowers, orange rinds, cloves, potpourri, and/or scented Epsom salts.
3. Optional: enhance the scent by adding a few drops of essential oil!
4. Finish your sachet by sewing, gluing, or tightly tying off the end of the bag.
5. Decorate the outside of the bag with markers or gel pens.

Enjoy! You can gently rub the bag to further crush the contents and release their fragrance.



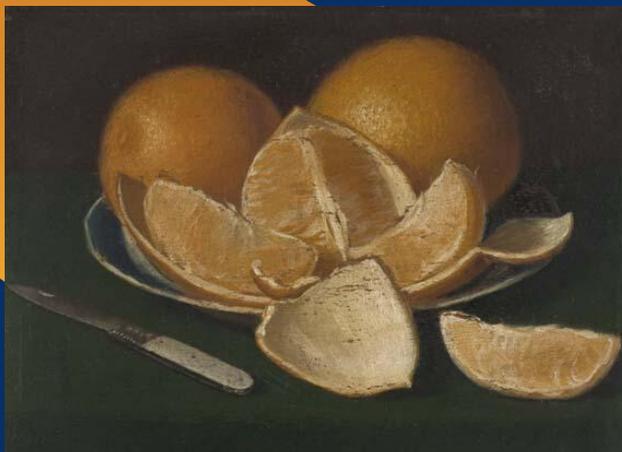
the Davis.  
DAVIS MUSEUM AT WELLESLEY COLLEGE

Not sure what to add to  
your sachet? Let  
the Davis Collections  
inspire you...

Best known for his images of Campbell's soup cans and Marilyn Monroe, the prolific Andy Warhol experimented in numerous media. He made this floral still life in Polacolor, a color photographic process developed by the Polaroid Corporation that was used for early Popeye cartoons.

Raphaelle Peale is considered to be the first professional American painter of still life, and his family is known for founding the Peale Museum in Baltimore, which is now known as The Peale Center (@thepealebaltimore). Many of Raphaelle Peale's siblings were named after famous artists like Rembrandt and Rubens.

Raphaelle Peale, *Oranges, Plate and Knife*, ca. 1818,  
Oil on wood panel, Gift of the estate of Dr. Eva  
Collins Wallen-Foti (Class of 1938), 2010.114.



*Rose (Hybr. remont.)  
Empereur de Maroc*, Print,  
Bequest of Ann Kirk Warren  
(Ann Haggarty, Class of  
1950), 2016.414.



Andy Warhol, *Flower*, 1983, Polacolor ER, Gift of  
The Andy Warhol Foundation for the Visual  
Arts, Inc., 2008.115.

Ann Kirk Warren '50 bequeathed her large collection of prints and drawings, including this botanical print of a hybrid rose introduced in 1858 and known for its strong scent, to the Davis Museum.

