

Pomander



Pomanders are considered an original form of aromatherapy and have a long history dating back to the Middle Ages! They are easy to make, classic and elegant, and they fill the room with the wonderful scents of the festive season.



Benefits

- A Pomander is a great way to get everyone involved in an activity.
- It is an easy task to do, but not too messy and the results of all the hard work will hang throughout the Christmas period!
- Fine motor skills are used during this activity
- Latent memories of doing Christmas crafts may be stimulated
- Conversations can take place about how Christmas was celebrated in service users homes as this activity is conducted.

Things to think about

- There is potential for some mould growth with this activity. To be on the safe side, put your Pomanders in a cool, dark place for about a week to dry out more. As they dry, you'll notice that the cloves are sticking out a touch, so you may need to poke them back in.
- A traditional way to avoid mold growth is to sprinkle your finished oranges in orris root powder, however this is a common allergenic. This will help to dry out the orange and will add a violet scent to your pomander. In an effort to keep this project safe, simple and low cost, we're taking our chances and skipping the orris root!



LOTTERY FUNDED



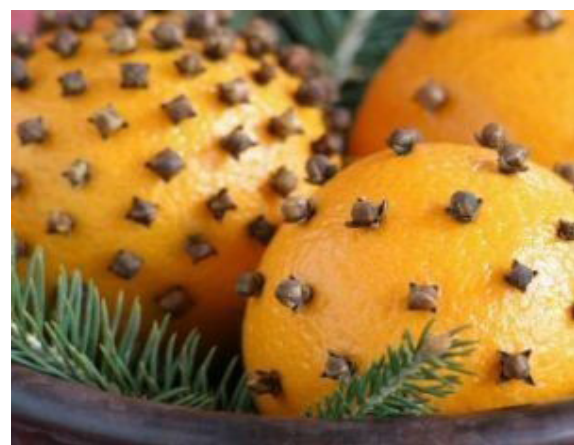
University of
Kent



How to

What you will need

- Oranges - larger ones may be easier to handle
 - Cloves
 - Cocktail sticks
 - Pins
 - Thimble or masking tape
 - Paper bag or tissue paper
 - Ribbon (optional)
-
- Gently knead the orange in your hand to soften the skin.
 - If you would like to hang your Pomander use the masking tape to mark where you would like the ribbon to go. It can be useful to divide the surface of the orange into four equal parts and pin the tape in place and later the ribbon will go where you have put the tape.
 - Pierce the skin of the orange with the cocktail stick and push in the cloves. This can be done either in a pattern or to completely cover the orange. See the images for inspiration, you can even cut out the top surface of the orange and add a tealight!
 - The cocktail sticks and cloves can be a bit uncomfortable on fingers so it is a good idea to either wear a thimble or cover fingers in masking tape.
 - Place the orange in the paper bag or wrap in tissue paper and leave in a warm place, like an airing cupboard, for a few weeks until the orange is hard and dry.
 - If your Pomanders are going to be presented in a bowl they are ready to go once dry!
 - If your Pomanders are going to be hung, remove the tape once they are dry and decorate with the ribbon, tying the ends in a bow.



To find out more visit: www.dementiagarden.org.uk
Email: dementiagarden@ltd.org.uk Tel: 01962 845131

Learning through Landscapes is a registered charity in England and Wales (803270) and in Scotland (SC038890)

