

HOW TO MAKE A ZEN GARDEN



You will need a Container ~ There are many options that will work well.



Other items needed: sand, rocks, essential oil (optional) and a zen rake.



If sand is collected from outside, remove any bugs, twigs, or other junk.



If you prefer, you can buy craft sand or decorative sand.



Place your choice of sand into the container you want to use.



For a sense of tranquility, and a calming aroma, add 10-20 drops of essential oil ~ We prefer Lavender.



If you want the sand to have a wet look, add Jojoba oil into the sand until you get the consistency you want.



Add 3-5 small to medium sized rocks. You don't want too many rocks.



Add other small objects to personalize your zen garden - shells, miniature decorations, air plants, etc...



Use your Zen Rake to make wavy patterns in the sand.



All Done! There are no rules to using your Zen Garden.

- Rake patterns in the sand.
- Move the rocks around in your garden.

