



TAKE AND MAKE KITS

Bath bombs

Supplies

The supplies included in this kit are:

- 1 cup Baking soda
- ½ cup Citric acid
- ½ cup Epsom salt
- ½ cup Cornstarch
- Powdered pigment
- Almond oil
- Lavender essential oil
- Heart pans
- Treat bags
- Dried flowers

Supplies you will need to provide

- Mixing bowls
- Spoons
- Water

Please note: the included supplies are intended for topical use only. Since they were not repackaged in a commercial environment, they are not recommended for consumption.

Instructions

1. Mix all the dry ingredients together in a bowl (Baking soda, Citric acid, Epsom salt, Cornstarch). If you want to use pigment to color your bath bomb, add it now. Mix a little pigment at a time until you get the color you want. If you want to add in any extra decorations, such as sprinkles or dried flowers, add them now.
2. In a small bowl, mix all the wet ingredients together (¾ tablespoon water, 2 ½ tablespoons almond oil and 12-15 drops of essential oil).
3. Mix the wet ingredients into the dry ingredients slowly, just a few drops at a time, or use the spray bottle to add one spritz at a time. The citric acid is what causes the bath bombs to fizz when it comes into contact with water. Adding the wet ingredients slowly minimizes this affect, allowing you to create the ball.
4. Once everything is mixed, you can mold the bath bombs. (We're using heart pans as a mold, but you can also use a cupcake pan, or there are ball-shaped bath bomb molds you can buy.) Press the mixture into the heart pans, filling them up all the way to the top.
5. Let your bath bomb sit in the mold for at least 1 minute before gently tapping the pan to pop out the bath bomb. Let it dry for at least 24 hours before using. Store them in a sealed container where moisture can't get to them, and use them within 6 months. You can package them in treat bags to store them, or give them as gifts.

These instructions are adapted from the following website: <https://inspiredbycharm.com/diy-bath-bombs/>

What next?

If you're interested in learning more about making bath bombs and body scrubs, try one of these ebooks, available from the library through Hoopla:

- A-Z Guide How To Make Bath Bombs <https://www.hoopladigital.com/title/13380337>
- Organic Body Scrubs <https://www.hoopladigital.com/title/13595812>
- Creating Your Own Body Scrub <https://www.hoopladigital.com/title/13371140>



- Spa Apothecary

<https://www.hoopladigital.com/title/12296549>

