



# TAKE AND MAKE KITS

## Home Spa

### Supplies

The supplies included in this kit are:

- Brown sugar
- Olive oil
- Baking soda
- Lavender essential oil
- Lemon
- Heart pan
- Cylindrical storage tin

**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.**

### Projects

#### Lavender Massage Oil

Mix 1 ounce (roughly 2 tablespoons) of olive oil with 10–12 drops of lavender essential oil. Store in a dark glass bottle.

#### Brown Sugar Scrub

Mix ½ cup sugar and ½ cup oil. Add 15 drops of lavender essential oil.

To use, slowly massage the scrub into your body, starting at your toes and working all the way up. Wash off with warm water.

#### DIY Bath Bombs

##### *Ingredients:*

- ½ cup baking soda
- 2 to 3 tablespoons lemon juice (see notes)

##### *Optional ingredients:*

- ½ tablespoon coconut oil
- 6 - 12 drops essential oils
- decorations or colorants

##### *Tools:*

- Medium mixing bowl
- Spoons
- Spray bottle (optional)
- Flexible cupcake molds (metal muffin tins will also work)

1. Pour 1/2 cup of baking soda in your mixing bowl. Stir the powder with a spoon to break up any lumps.



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2. *Optional:* If you want you can add 1/2 tablespoon of coconut oil. This adds moisturizing properties to the bath bombs, but it will also weigh the bath bomb down and make it fizz less. You can use a different carrier oil, like olive oil or jojoba oil, but I like the fact that coconut oil doesn't affect the color of the bath bombs.
3. *Optional:* This is also the best time to add a few drops of essential oils, if using. Stir the mixture well with your spoon after each drop. I highly recommend to also include coconut oil in your batch to help safely disperse the essential oils in your bath water.
4. Pour the lemon juice into a spray bottle. Carefully spray the mixture while you keep stirring the batch between each spritz of lemon juice. You don't want the mixture to start fizzing in the bowl! If you don't have a spraying bottle at hand, you can also add small amounts of lemon juice using a teaspoon to the batch. Keep stirring the mixture as you're adding the lemon juice. Don't be afraid to make the mixture wet. Check if the mixture clumps together by pushing it against the edge of your bowl with your spoon.
5. *Optional:* If you want to spruce up your bath fizzies with decorations, you lightly sprinkle the bottom of each mold with your decorating item of choice. You can use cake sprinkles as they will also dissolve in your bath water. But for a more natural, fragrant approach I like to use dried flowers or dried citrus zest.
6. Scoop 1 tablespoon of the mixture in each mold and press down firmly with the back of your spoon. Distribute the mixture evenly between your molds, pressing the mixture down as you go. Set the bath bombs aside and give them time to dry out. Mine took a full 2 days to harden completely. Pop them out of their molds once they've completely dried.

#### Notes

- Freshly squeezed lemon juice will work best. If you're using store-bought lemon juice, check the ingredient list to make sure it's pure juice and hasn't been diluted with water.
- The more lemon juice you use, the better they'll fizz. Just keep in mind that the more liquid you add, the longer it'll take for the bath bombs to dry.
- Alternatively, you can try this recipe with lime juice, orange juice or grapefruit juice. This will of course change the end result, and might affect the amount of fizz you get.
- These bath bombs without citric acid powder are best used 'fresh', so right after you make them. The longer you wait, the less they'll fizz.

#### What next?

If you're interested in learning more about home spa projects, 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>
- 80 DIY Organic Body Scrub Recipes <https://www.hoopladigital.com/title/13611346>
- 40 Plus Homemade Body Butter Recipes <https://www.hoopladigital.com/title/13589265>
- Making Aromatherapy Creams & Lotions <https://www.hoopladigital.com/title/11809570>
- Natural Skin Care At Home <https://www.hoopladigital.com/title/12375300>
- Pure Skin Care <https://www.hoopladigital.com/title/12198842>

