

The BASIC Bath Bomb recipe

Ingredients:

- 1 cup baking soda
- ½ cup citric acid
- ¼ cup Epsom salts
- 3 Tbsp fractionated coconut oil
- 10 drops of essential oils
- Witch hazel, from a mister spray bottle as needed, until the mixture holds when you squeeze it with your hands. If you don't have witch hazel, vodka will work. Try vanilla vodka...so yummy...(to smell, not to drink, lol)

You will also need:

- Mixing bowl
- Tablespoons and measuring cups
- Mister spray bottles, (I prefer glass, but you can use plastic)
- Molds for mixture (silicon, globes etc, best time to stock up is at Christmas time, metal molds do not work well)

Instructions:

1. Add all dry ingredients into a bowl, mix well with your hands.
2. Add powdered colours at this point as well, (spirulina, dried beet root, maca etc). You will only need a pinch of these.
3. Add fractionated coconut oil (or any other liquid oils or melt shea or cocoa if you are using those).
4. Add your essential oils. Always use pure oils because you will be adding these to water and soaking in them. It is very important to use essential oils that are not only 100% pure, but also gentle on the skin. Avoid hot oils like cinnamon, clove, oregano etc.
5. Start spraying with your witch hazel. This is your binder. Too much and you will get bubbles popping out on your creations. Too little and they will not stick together. This is where you want to work quickly. Mix with one hand, spray with the other.

6. When your mixture holds together and is damp, but not wet and bubbly, pack into your molds.
7. Gently pop out. Place carefully on a plate. Let dry for up to 24 hours.

TIPS and tricks:

If you'd love to learn tons more about making all sorts of bath bombs, I highly recommend this e-book:

<https://thenerdyfarmwife.com/natural-bath-bombs/>

For colours, you could even try adding food colouring to your witch hazel and spray.

Add treats in the middle of your bombs.

- Little notes on water proof paper, affirmations
- Toys for kids
- Stones, crystals

Try different salts, but keep the ratios the same. Salts to try:

- Rock, coarse Pink Himalayan
- Course sea salt
- Fine sea salt
- Fine Himalayan
- Clay

Blend in other therapeutic goodies:

- Lavender
- Rose petals
- Chamomile flowers
- Coffee grounds

Add vanilla absolute for a creamy, sweet bomb. Goes really well with orange, tangerine, clementine.

