

# How to Make BATH BOMBS

## INGREDIENTS:

- 1 cup Baking Soda (290 gm)
- 1/2 cup Citric Acid (124 gm)
- 1/2 cup Cornstarch (80 gm)
- 1/4 cup Dead Sea Salt (80 gm)
- 2 tsp of Sweet Almond Oil

## YOU WILL NEED:

- 1 Bowl
- Whisk
- Latex or Plastic Gloves
- Bath Bomb Mold
- Measuring Cups & Spoons
- Water or Witch Hazel

## Note:

Add about 2 tbsp of liquid (any combination of oils, melted cocoa or shea butter and even some water or witch hazel) with this amount of dry goods.



## 1 Combine dry ingredients

Slowly combine all the dry ingredients, including salts, in a large shallow bowl. (The salt helps to loosen up stiff joints and muscles. Himalayan salts contain a beneficial amount of 84 trace minerals & iron)

## 2 Add liquid

Slowly drizzle some of the liquid into the dry mixture while continuously moving the dry goods around with your hand (a rubber glove is recommended). Press ingredients together in your palm to see if it's formable like damp sand. If the mixture is too dry, add small amounts of liquids to make it formable. Do not over-saturate.



## 3 Add to mold

Fill the two halves of the mold to overflow and press them firmly together.

## 4 Remove the ball

Remove the ball from the mold and gently place it on a clean, dry surface. Let it sit overnight to dry and harden.



## 5 Note:

If the ball does not release from the mold or the mixture makes a fizzing or popping sound, place the mixture into the bowl and add more baking soda or cornstarch to reduce moisture.