



SUPPLIES INCLUDED

- CITRIC ACID
- BAKING SODA
- CORN STARCH
- EPSOM SALTS
- COCONUT OIL
- ESSENTIAL OIL

SUPPLIES NOT INCLUDED

- FOOD COLORING (OPTIONAL)
- A FEW DROPS OF WATER
- SILICONE MOLDS,
MUFFIN TIN OR METAL MOLDS

Bath Bomb Recipe

- 1/2 Cup Baking Soda
- 1/4 Cup Citric Acid
- 1/4 Cup Epsom Salt
- 1/4 Cup Cornstarch
- 1 1/4 TBSP Coconut Oil
- A few drops of water
- Food Coloring (Optional)
- 10 - 15 drops of Essential oil
- A few drops of water (if needed)

(Oil is in the straw that was included in your kit but optional)

INSTRUCTIONS

- In a medium bowl, whisk dry ingredients, just to give them a good stir before adding your wet ingredients.
- In a separate, small, microwave-safe container, melt Coconut Oil. Add as much or as little Food Coloring to Coconut oil, to achieve the desired look, (We suggest not adding more than a few drops to avoid staining your bathtub. You can always add more when it is mixed in with the dry ingredients if you'd like to.) then add essential oil. Mix well.
- Add the wet ingredients to the dry ones very slowly. (This is very important; otherwise, you will activate the citric acid which is used to create the fizzing effect.) Mix until combined, and the ingredients look like wet sand. You can add a few drops of water, again, slowly, to achieve sand-like consistency
- Fill each silicone mold or muffin tin, packing the mixture in tightly. Let the filled mold sit for at least one minute. Lightly tap the mold or gently pull away from the sides of silicon mold, to remove the bath bomb. Let the bath bombs dry for 24 hours before enjoying in the tub.

Remember! Your bathtub will be slippery from the oils, so please be careful stepping in or out of the tub!

We hope you enjoy this Self-Care Kit! We would love to see pictures of the finished product! Feel free to send pictures to our Facebook page or email them to tteasley@custercountysd.com