

## DIY Bathbombs

*Adapted from The Hands-On Home by Erica Strauss*

These bath bombs are the best way to relax if you've possibly had any stress in your life lately (anyone?). Kids absolutely love the way they fizz and you can make them smell like lavender for an extra relaxing boost before bedtime! Below is the full recipe, so you can recreate it at home. Bath bombs keep for up to 6 months, although the scent may fade over time. They are perfect gifts for the holidays. Just throw one or two into a hot tub and watch them fizz due to the reaction alkaline baking soda and the acidic citric acid! It's a relaxing spa day and a chemistry experiment in one. Mix and match colors and fragrances to make them yours. I made mint green with bergamot this time! **We have given you a portion of a kit, so I will note the adjusted amounts in red for you to make at home with this kit.** Tag us in your pictures so we can see how they turned out! Please email [aporter@noblenet.org](mailto:aporter@noblenet.org) with any questions!

### **Ingredients (full recipe in black, amount needed for this kit in red):**

2 cups baking soda  
1 ½ cups cornstarch  
1 cup citric acid  
½ cup epsom salts

### **You provide:**

2 to 4 tablespoons of water (1-2 Tbsps)  
20 drops of essential oils (3-5 drops)  
Food coloring (optional)  
Large mixing bowl  
Small bowl  
Whisk  
Muffin tin or other mold

1. Whisk together baking soda, cornstarch, citric acid, and epsom salts in a large bowl, making sure to break up any clumps.
2. In a small bowl, mix together water, food coloring (you want this darker than you think!), and essential oils.
3. With one hand constantly stirring the dry mix, dribble in water a few drops at a time scattered around the bowl. If the mixture starts to fizz up, you've added too much water in one spot - just stir really fast until the fizzing stops. Continue adding water until the mixture *just* holds together when you squeeze a bit in one hand (like packing a snowball). You will need less water than you think and the mixture will still feel pretty dry..
4. Pack the mixture into molds. I used my cupcake tin! You can use cookie cutters on wax paper or soap molds too. Carefully unmold the bath bombs onto a baking sheet or other flat surface and let dry for 24 hours. If any of them break, just repack them and do it again.