



## Homemade Bath Bombs



### DID YOU KNOW?

**Baking soda and citric acid** create a chemical reaction that produces lots of bubbles, which you can see and hear as the bath bomb dissolves in water! The essential oils used are released into the air, producing a delightful scent, as the chemical reaction occurs.



Learn how to make bath bombs, and observe the chemical reaction for yourself:

**Ingredients:**

- 2 cups baking soda
- 1 cup citric acid
- 1 cup Epsom salt
- 10-15 drops essential oil
- ¼ cup avocado oil
- Water soluble dye and/or flowers (optional)
- Witch hazel
- Molds (spheres or otherwise)

**Instructions:**

- Mix baking soda, citric acid, Epsom salt and flowers into a medium-sized bowl and stir until combined.
- In a separate bowl, add essential oil, avocado oil, and the dye – stir until combined.
- Slowly add the wet ingredients into the dry ones, adding only a little at a time. Stir in between additions.
- Spray mixture lightly with witch hazel and continue to mix until the dry and wet ingredients hold without falling apart.
- Pack mixture into your molds.
- Place molds in a cold, dry place overnight or until dry.
- Plop a bath bomb into your next bath and enjoy! ☺