

BOMB SHELL!


Soaking in a warm bath is a great way to relax. When you drop a bath bomb into a warm tub, it'll fizz and foam and make your skin tingle. Create a bunch of these for yourself or gift them away.

SPA SETUP

Glitter spoon • Bath-bomb mold
Measuring spoons
Bowl • Spoon

NATURAL NEEDS

3 scoops glitter
3 tablespoons baking soda/
bicarbonate of soda
1 tablespoon cornstarch
1 packet (10 g) citric acid
Water

 What makes your calm bath fizz like soda pop? The reaction of an acid (the citric acid) and a base (the baking soda/bicarbonate of soda). They live together in the bath bomb but stay separate until you add water. The water makes them react to each other, which releases carbon dioxide and makes the bubbles.

BASIC BATH BOMB

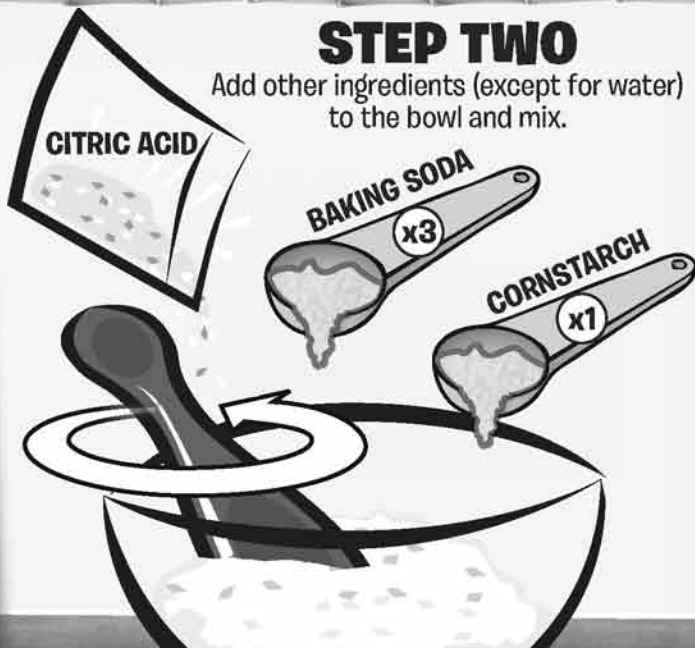
STEP ONE

Sprinkle glitter into bath-bomb mold.



STEP TWO

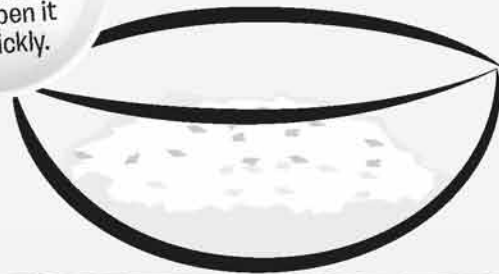
Add other ingredients (except for water) to the bowl and mix.



STEP THREE

Flick water onto the mixture a few times.

NOTE:
Flicking is all in the fingers! With wet fingers, make a fist, then open it up quickly.



STEP FOUR

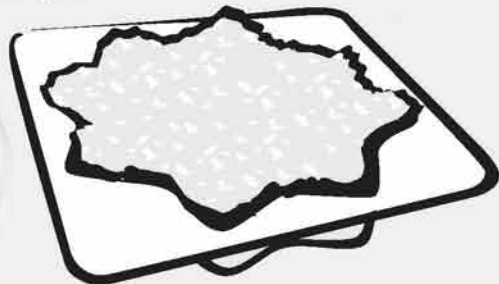
Mix in the water with your hands. It should feel dry but still stick together. Test it by taking a handful of the mixture and squeezing your hand into a fist.

NOTE:
If it sticks together, move on to step five. If not, flick more water and mix until it holds a shape.



STEP FIVE

Fill the mold to overflowing, on top of the glitter, then pack it down once.




NOTE:

If you have extra bath-bomb mix, use it to fill another mold.

STEP SIX

Wait 20 minutes. Carefully remove bath bomb. Let it dry overnight.



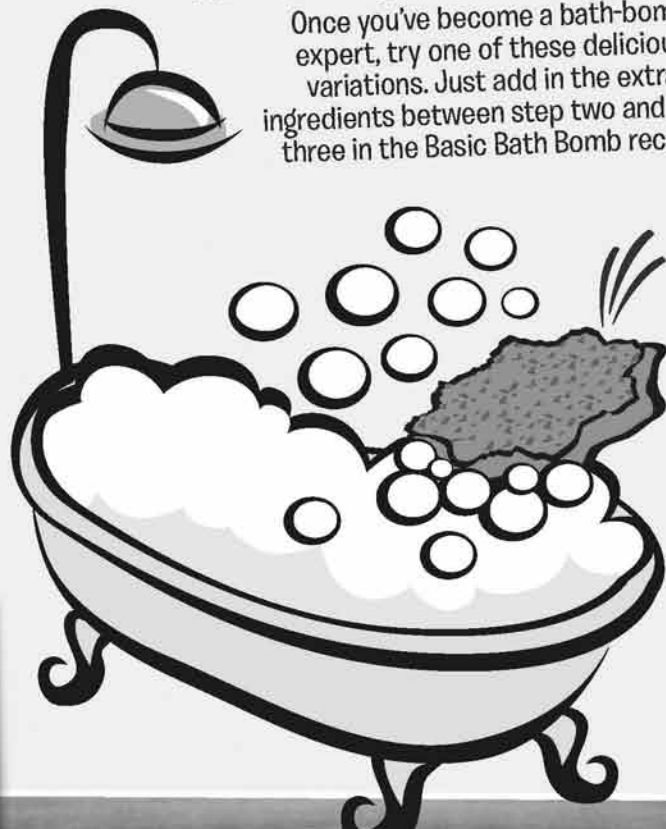
 Citric acid doesn't look—or sound—like much, but there's a huge talent in the little powder. Besides reacting in your bath bomb, it also acts as a natural preservative (prih-ZER-vuh-tiv). That means it keeps foods from spoiling.

BATH TIME!

When you are ready to use your bath bomb, fill your bathtub with warm water and drop it in.

Watch it fizz! Then enjoy a bath you made out of natural ingredients.

Once you've become a bath-bomb expert, try one of these delicious variations. Just add in the extra ingredients between step two and step three in the Basic Bath Bomb recipe.

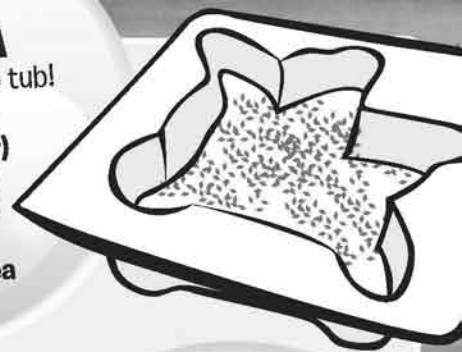


CUP OF TEA

Have a tea party in the tub!

Flick strong tea (instead of water) in step three of your bath-bomb recipe.

Make sure the tea isn't too hot!



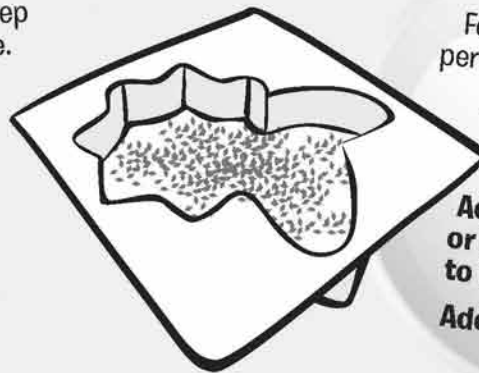
MINTY ME

Festive colors make it a perfect Christmas present.

Add 1/8 teaspoon peppermint extract to make it smell fresh.

Add 3 drops of green or red food coloring to make it look minty.

Add glitter to make it sparkle!



KOOL-AID POOL

Ever felt like splashing around in a pool of Kool-Aid?

Add 1/2 teaspoon Kool-Aid or other drink crystals.

