

Make your Own Shea Butter/ Cocoa Butter Bath Soufflés

Ingredients – version A – Shea Butter

500g Bicarb
250g Citric
100g Cornflour
100g Oatmeal (optional – if not using then reduce the bicarb by 50g)
100g Shea Butter
10ml Almond Fragrance
Witch Hazel in spray bottle to bind if required
Liquid or powder Colour if required
Souffle Pots or similar containers

Version B

As above but substitute 25g of Shea Butter for 25g of Cocoa Butter (this will produce harder soufflés)

Instructions

- Place all dry ingredients in bowl; mix well
- Add a drop or two of liquid or powder colour if desired
- Add 5-10ml of fragrance a drop at a time stirring constantly; when using stronger smelling concentrates we recommend 5ml
- Melt the Shea Butter and or Cocoa Butter in short bursts in your microwave until liquid
- Slowly add the liquid shea/butter a teaspoon at a time, stirring continuously
- If the mix does not hold together when pressed with a spoon;
- Spritz with witch hazel one or two sprays at a time; usually 10-20 sprays in total will suffice – you do not need to use all of the bottle
- Take your pots and pack the mix in – push down with hands/spoon to compact the mix taking care to preserve the shape of the pot

Tips

The correct consistency for any bath bomb or soufflé is similar to the sand you need for successful sandcastles! In other words, damp enough to hold together and not crumble and yet not so wet that it sags. Recipes such as this one achieve the correct consistency relatively easily as the liquid butter ratio is quite high and as you are using pots rather than moulds the consistency is a little less crucial.

To test your consistency is easiest with your (gloved) hands; squeeze some mix together in your palm and if it stays together easily, it's ready. You could use one of your pots to test the mix; fill, compact & turn upside down immediately. It should stay pretty well formed, even without any drying time. If it doesn't then pop it back with the main mix and spritz a few more times with the witch hazel. Test again in the same way.

This particular recipe combines oils (Shea) and Witch Hazel as the binding agents. Bear in mind that witch hazel evaporates to a degree – if you have taken a long time filling your pots you might need to re spritz the remaining mix in the bowl as it will have “dried” out a bit. Don't over wet the mix though.

Enjoy!

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