

Make Your Own Bath Bombs Free Recipes

For the following you will need some basic equipment; bowls, cups, scales, spoons, protective clothing/gloves/masks. Observe good basic hygiene as you would when cooking; do not smoke, eat or drink and keep pets and unsupervised children away from all ingredients. Most bath bomb making will produce an amount of dust; keep the area you work in well ventilated but dry. If you want to get stuck in and use your hands you must wear gloves. Store your ingredients safely labelled and out of reach of animals/children.

Basic Oil Based Bath Bomb Recipe

Produces 6-8 Medium Bath Bombs using 60mm Mould

500g Sodium Bicarbonate: 250g Citric Acid: (up to)100ml Fragrance Oil Blend: Trigger Spray: Optional Powder Colour – water soluble or Pigment

Blend all dry ingredients thoroughly. Sieve if necessary or Squash lumps with back of spoon/gloved hands. Add powder colour if using. Using 2-3 sprays at a time and stirring briskly, add enough oil blend to enable the mix to hold together. Think damp sand for sandcastles; not too dry and crumbly but not so wet it sags.

Take one half of mould, over fill with mix. Ditto the second half. Push together without twisting. Don't worry about the two halves closing or matching up completely. You should feel some resistance - then you know you have the mix under a bit of pressure which will ensure compact non crumbly bath bombs. Set aside whilst you have coffee and biccies.

Remove one half of mould after 30 mins. Apply pressure to release but don't twist it or the bath bomb will break.

Remove second half after 30 more mins - if there is any sign of sagging replace the half and wait a while.

Set aside to dry overnight. Wrap and store out of direct light in dry conditions.

Oil based bath bombs and fizzies will always be slightly more vulnerable to damage than non oil based. Take care when using as they will make your bath tub slippery - but how wonderful for your skin!?

Basic NON Oil Based Bath Bomb Recipe

Produces 6-8 Medium Bath Bombs using 60mm Mould or 4-6 using large 80mm heart mould

500g Sodium Bicarbonate: 150g Citric Acid: 100g Corn Flour: Witch Hazel: Trigger Spray: Optional Pigment Powder, Water soluble Powder or Liquid Colouring: 7 - 10ml Toiletry Grade Fragrance Concentrate

Blend all dry ingredients thoroughly. Sieve if necessary or Squash lumps with back of spoon/gloved hands. Add powder colour if using and blend well. Add fragrance concentrate (cosmetic/toiletry grade only) one drop at a time and stir well. If using liquid colour add a drop at a time stirring well. Keep stirring whilst spraying with Witch Hazel. Check every few sprays to see if mix holds together when squeezed in your hand. Aim for a damp sand castle sand consistency - not too wet but not dry and crumbly either. Over fill both halves of your mould and push together without twisting. Set aside for a short while - 15 minutes. Ease one half of mould away - the bath bomb should now feel firm to touch. Remove completely - this will result in a small indentation in the base as it dries - or leave for about 30 mins longer for a completely round shape. Dry overnight in a cool dry place and wrap. These should be rock hard!

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