



BATH BOMBS

Make a bubbly bath beauty product

WHAT YOU NEED

- ◆ 2 different coloured long candy or liquorice cords with a fondant centre
- ◆ Food colouring
- ◆ Body glitter
- ◆ Sweet almond oil
- ◆ Lavender oil
- ◆ 1 and ½ cup (375 ml) Bicarbonate of Soda
- ◆ ½ cup (125ml) Citric Acid (available from your local pharmacist)
- ◆ Large fairy cake tray
- ◆ Greaseproof paper
- ◆ 2 large mixing bowls
- ◆ 1 small glass jar
- ◆ Rubber gloves

WHAT TO DO

1. Pour a small amount of the sweet almond oil onto a sheet of greaseproof paper. Use this paper to grease the sides and bases of a large fairy cake tray
2. Into a large bowl sift all the citric acid and bicarbonate of soda. Mix the ingredients together well. This is your base mixture
3. Take ½ cup of this base mixture and put it into another bowl, setting it aside. This will make one bath bomb
4. In a small glass jar, mix together 6 drops of lavender oil, 4 ½ teaspoons of sweet almond oil and about 10 drops of food colouring
5. Put on rubber gloves and gradually pour the liquid from the jar into the ½ cup of base mixture you had put to one side. Use your gloved hands to mix together. The mixture is ready when it stays together in your hands without easily crumbling
6. Use a spoon to fill a mould with the mixture. Press it down firmly
7. Repeat steps 3 to 6 until you have used all the base mixture
8. Leave the bombs somewhere safe and dry and allow to set overnight
9. The next day carefully up end the moulds onto a flat surface and you have your bath bombs
10. Try one out. Run a bath, get in and drop a bomb into the water. Watch it fizz!

WHY

The citric acid reacts with the bicarbonate of soda producing thousands of bubbles of carbon dioxide which makes the fizz. The oil gives it a lovely scent.

