Relaxation Retreat for Kids

Bath Bombs

Make Your Own Bath Bombs

Bath bombs are used to add fragrance, bubbles, colours, or essential oils to bathwater. They often include salts to soothe sore muscles.

Recipe makes 6 bath bombs

Dry Ingredients:

- 1 cup baking soda
- ½ cup citric acid
- ½ cup finely ground Epsom salt
- ½ cup cornstarch

Wet Ingredients:

- ¾ tsp water
- 1 tsp oil (ex., sweet almond oil, coconut oil, olive oil)
- 1-2 tsp essential oil of choice (optional)
- food colouring (optional)
- water in a spray bottle to dampen mix if it's too dry.

Instructions:

1) In a large bowl, mix dry ingredients together. Stir thoroughly to remove clumps.
2) In a glass jar or small bowl, mix wet ingredients.
3) SLOWLY add the wet ingredients to the dry ingredients. Once water touches the citric acid and baking soda, it will start the fizzing reaction. Mix it in quickly to stop the fizzing.

4) As you add the liquids, the mixture should become the consistency of damp sand and hold together when pressed. If it's not wet enough, spritz with more water using the spray bottle. If it's too wet, add more cornstarch. Add more food colouring if needed.

5) FIRMLY pack mix into the mold. Overfill each half, then press them firmly together. Brush off excess mix.
6) Wait at least 4-5 minutes, then tap the mold with a spoon to release the bath bomb.
7) Place the bath bomb on wax paper to dry overnight. Cover with plastic wrap until ready to use.

Science fact: The fizzing produced when a bath bomb hits the water is caused by a chemical reaction. A chemical reaction happens when chemicals break down into their smallest parts and then rearrange themselves to become different chemicals. When citric acid and baking soda come together they react to form citric acid ions (small pieces with positive or negative charge) and sodium ions. The chemical reaction between these two ingredients when they are placed in water is what causes the bath bomb to fizz. As the bath bomb dissolves in the water, the bubbles you see are carbon dioxide gas. Carbon dioxide gas is the same thing that produces the bubbles in pop. In fact, when we breathe out, we exhale carbon dioxide gas from our bodies.