

Make Your Own: Beautiful Bath Bombs

I have no plans to make or sell bath bombs as they don't have any particular skin benefits, unlike the other recipes in my book. But I have an 11 year old daughter and she was desperate to make them, so I thought I'd rather make them for her to use, and know exactly what's in them, unlike some of the synthetic-filled horrors you see in some shops.

Ingredients:

makes 4 x 50g bombs

moulds to shape the bath bombs (i.e. empty yogurt pots, cupcake pans)

small spray bottle with clean water

150g bicarbonate of soda

50g citric acid essential oils: sweet orange – 6 drops

 patchouli – 6 drops

 geranium – 6 drops

 ylang ylang – 2 drops

optional: botanicals: any of the dried flowers we mentioned earlier

 colour: a sprinkle of powdered beetroot, turmeric or paprika



Method:

Measure the bicarbonate of soda and citric acid into a bowl and mix thoroughly. If using colouring, add a sprinkle until you have the shade you want. If using botanicals, put some of those in too. Drip the essential oils into mixture mixing quickly and thoroughly to avoid it fizzing up. Next spray a little water on to the mixture with the spray bottle. Mix continuously to avoid it fizzing up; you just need enough dampness so the mixture will hold together when squeezed, roughly 4 sprays in at four intervals, depending on your spray bottle (don't leave the mixture or it will start to set). Test it by squeezing some in your hand, if it just holds together, it is ready to mould. Spoon into your mould and press down very firmly. Leave to set. After an hour they should be quite hard. Carefully remove from the mould and leave it to dry overnight.

To use:

Run your bath, chuck your bomb in and wait and watch whilst it fizzes away and the gorgeous essential oil aromas are released.

For more information on how to make natural skincare and information on keeping your skin healthy visit: