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Calming Lavender Bath Bomb

Recipe Cheat Sheet

with SECRET INGREDIENT!





Letter from Katie

Hey, Earthie!

Looking for another fun way to use your essential oils? Then you will love using them to make bath bombs. Bath bombs are so much fun, but store bought ones are typically filled with ingredients we'd rather not use (SLS, fragrances, etc.).

So, let's make our own! (I'll even let you in on a secret--it's easy!)

I'm Katie, a certified aromatherapist and co-founder of Simply Earth, and I get to be your guide to making this SECRET INGREDIENT Calming Lavender Bath Bomb Recipe!

This recipe shares my secret ingredient on how to create bubbling bath bombs using only natural ingredients! That's right - bubbles without SLS!

Creating is fun. Let's get started!

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What Are Bath Bombs?

Before we get started, I just want to make sure you and I are on the same page on what bath bombs are.

Bath bombs are usually spherically shaped and contain citric acid and baking soda. When you drop them into your bath, they fizz, creating joy.

Depending on what else is added to the bath bomb, they can also spin, release colors, bubble, and/or release fragrance. When you make bath bombs yourself, you get to be in charge of what the bath bomb does, how it smells, and add emotional and/or skin care benefits to the bath bomb using essential oils.

With our Calming Lavender Bath Bomb Recipe, we'll be making a foaming bath bomb using only natural ingredients. We'll add a fun design to the top by painting the bath bomb with mica powders.

Ingredients For Bath Bombs

From
simply earth.

Citric Acid

- Helps create fizz
- Natural cleaning benefits

Almond Oil

- Binds the bath bomb together
- Dilutes essential oil
- Tip: You can replace this with another carrier oil

Simply Earth Emulsifying Wax

- My SECRET INGREDIENT to making bubbles!
- Helps mix oils and mica powder with the water

Lavender Essential Oil

- Calming and uplifting emotional benefits
- Soothing to the skin

Mica Powders

- Adds natural color to bath bombs
- For this recipe we'll be using Simply Earth's violet mica powder

Lavender Buds

- Adds calming benefits
- Looks pretty :)

From
Your Home

Baking Soda

- Helps create fizz
- Soothing to the skin

Cornstarch (or similar starch)

- Creates silky feeling
- Slows down the fizzing reaction

99% Isopropyl Alcohol (in a spray bottle)

- Natural skin care
- Helps bind bath bomb
- Can be replaced with witch hazel, water, or more carrier oil

Paint Brush

- We'll be using this to paint a fun design on our bath bombs!



Scan this QR code to get the Simply Earth ingredients you need to make this recipe!

Tips for Making Calming Lavender Bath Bombs

1. Get the Right Consistency

The most important tip for making bath bombs is making sure you get the consistency right. Once you have all your ingredients mixed together, squeeze the mixture into your hand. If it doesn't hold together like a snowball, you need to add more isopropyl alcohol.

2. Consider Wearing Gloves

If you have sensitive skin, nail polish, or are making the bath bombs for someone else, you should wear gloves while making bath bombs. Citric acid can rub away nail polish and irritate some people with sensitive skin (however this typically isn't an issue when it's added to the bath).

3. Consider Wearing A Mask

Baking soda and mica powders are very fine powders. They will go airborne when you add it to your mixture. This can be irritating to those with sensitive lungs. This is true of clays and mica powders (or any other fine powder) you may be adding to your bath bombs. You can wear a mask while you make bath bombs to prevent irritation.

4. Humidity

Humidity can be a big factor in the success or failure of bath bombs. Try not to make bath bombs when it rains. If you live in humid environment, run a humidifier while you make your bath bombs and while they dry so that the water in the air doesn't cause them to react prematurely.

5. There's No Such Thing As Failure in Bath Bombs

If your bath bomb mixture isn't turning out visually how you'd like, don't count it as a failure. You can still add your mixture to a bath for fizzy, bubbly fun.

6. Clean Your Tub

Mica powder has a tendency to stick to soap scum on the sides of bath tubs. Adding emulsifying wax to this recipe helps prevent that, but it's always a good idea to give your tub a quick clean before using a bath bomb. As the tub drains, wash down the sides of the tub to make sure all the mica powder goes down the drain rather than sticking to your tub.

TIP: If you're worried about mica powder sticking to your tub, you can skip it and have a white beautiful bath bomb.



Calming Lavender Bath Bombs

Ingredients



From Simply Earth

- 1 Tbsp almond oil
- ¼ tsp Simply Earth Emulsifying Wax
- 6 drops Lavender Essential Oil
- ¼ cup citric acid
- 1 dash Violet Mica Powder
- ~1 tbsp lavender buds (divided)
- Bath bomb mold

From Your Home

- ½ cup baking soda
- ½ cup cornstarch
- 99% isopropyl alcohol (or witch hazel) in a spray bottle

1

In a medium bowl, mix together baking soda and cornstarch.

2

Using a small bowl in the microwave, or a double boiler, heat the almond oil and emulsifying wax until the wax is just melted. Add the essential oil and stir.

3

Mix together the dry ingredients and the oil mixture until evenly combined.

4

Squeeze the mixture in your hand. If it crumbles when you release it, spray in the isopropyl alcohol and mix. Repeat until the mixture holds its shape after squeezing it in your hand.

5

Stir in the citric acid until evenly combined.

6

Divide the bath bomb mixture into two bowls. To one bowl, add a dash of Violet Mica Powder and stir until the mixture is evenly combined. To the other bowl add 1 tsp of lavender buds and stir.

7

In one half of the mold, place ~¼ tsp of lavender buds. Continue filling up the mold using alternating layers of your lavender bud and purple mica mixtures, gently pack and over fill the mold. In the other half, fill the mold using alternating layers of the lavender bud and purple mica bath bomb mixtures. Push both halves of the bath bomb mold together. Remove the bath bomb from mold. The lavender buds should be embedded into the top of the bath bomb. Place bath bomb in safe place to dry. Repeat to create a second bath bomb.

8

To use, wipe down sides of the bathtub then fill with water. Add bath bombs. Rinse down the sides of the bathtub as the water drains. Before draining the tub you may want to strain out the flower buds.



Essential Oils Made Simple

The secret to mastering essential oils is knowing what information to trust.

You shouldn't have to waste your time searching the internet for what to do with essential oils and still feel confused.

Using essential oils should be fun and exciting. You should know that you are using them safely for yourself, your friends, and family.

That's why I created the Simply Earth Essential Oil Recipe Box.

Master Essential Oils in 3 Easy Steps!

The Essential Oil Recipe Box will give you all the ingredients you need, and we'll teach you step by step how to make your own products!



STEP 1

Get the Only Box With 4 Oils and 6 Recipes



STEP 2

Learn How to Use Your Essential Oils



STEP 3

Ditch the Toxins and Use the Products You Made



Over \$139+ value for only \$44.99!

★★★★★ (5.0)

BONUS: You get 16 FREE items when you subscribe today!