



## Supportive Therapies Virtual Festival Planning Sheet

### Bath bomb making tutorial by New Dawn

#### **Ingredients:**

½ cup baking soda

¼ cup of citric acid

¼ cup of Epsom salt

¼ cup of corn starch

Food colouring

20ml of oil of choice- lemon, peppermint, almond oil (or melted coconut oil)

Approx. 10 drop of essential oil of your choice

7.5ml (approx.) of water

#### **Equipment:**

Bowls

Whisk or spoon

Measuring pot or spoon

Moulds

#### **Method:**

1. Place all measured out ingredients in the bowl and mix them together using a spoon or a whisk.
2. In a small bowl or cup mix all the wet ingredients as well as remember to add little bit of food colouring.

3. Slowly add your oils, water and food colouring mixture to your pre-mixed dry ingredients until the mixture resembles wet sand. You have to be very careful and to add it very slowly, not to activate any of the ingredients.
4. Fill each half of your mould, slightly overfilling it and press them together. Set them aside for at least one minute to set. Gently remove it from the moulds and leave to dry for at least 24 hours.

Hope you enjoy your bath!

