

# OMMM... RELAXING WITH DIY BATH BOMBS

If you've been feeling a bit stressed out lately, then this Do-It-At-Home activity is the perfect one for you. All you have to do is say "Ommm... bath bomb!"

Yes that's right! Try making our super easy and super relaxing bath bombs at home. Not only will being focused on making something help you to relax, but the smell of the lavender oil will also have a calming effect on your brain! #science



## WHAT YOU NEED

- Bicarbonate of Soda (1 cup)
- Cornflour (1/2 cup)
- Epsom Salts (1/2 cup)
- Citric Acid (1/2 cup)
- Almond Oil (1 tbsp)
- Water (1 tsp)
- Lavender Oil (5-6 Drops)
- Mixing Bowl
- Measuring Cup
- Spoon
- Spray Bottle
- Silicone Moulds
- Dry Lavender Flowers

## INSTRUCTIONS

### Step 1

Mix all the dry ingredients in a bowl - bicarbonate of soda, citric acid, epsom salts and cornflour.

### Step 2

Now to add the wet ingredients! Start by adding the lavender oil and almond oil - how good does that smell?! Spray some water on the mix as you are combining it together and add a few lavender flowers. The consistency you need is for it to be wet enough that it sticks together like dry sand.

Another option is to add some purple food colouring to make your bath that much more fun.

**TIP:** Too much water and you'll trigger the chemical reaction which makes it fizz in the bath - which you want to save for later! So just be careful on how much water you are adding.

### Step 3

Pop a few petals or flowers in the bottom of your moulds for decoration and then pack the mix in firmly. Leave them aside to dry for 1 hour in the mould and then pop them out of the mould and leave to dry for 24 hours.

### Step 4

When you're ready to chill, drop your bath bomb in your bath and watch it fizz! #ommm