



New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network

A program of The Arc of New Jersey since 1983

Gift Giving Guide: Bath Bomb Recipe

Dry Ingredients:

- ½ Cup Cornstarch
- ½ Cup Powdered Citric Acid
- ½ Cup Epsom Salt
- 1 Cup Baking Soda

Wet Ingredients:

- 10 Drops Essential Oil
- 2 ½ Tablespoons Coconut Oil,
Melted
- 1 Tablespoon Water

Recipe:

1. In a large bowl, whisk together the dry ingredients: cornstarch, citric acid, epsom salt, and baking soda.
2. In a separate bowl whisk together the wet ingredients: essential oil, coconut oil, and water.
3. VERY SLOWLY (to avoid as much fizzing as possible) add the wet ingredients into the dry ingredients. (**IMPORTANT: Do not mix the dry ingredients into the wet ingredients!**)
4. Stir, mash, and mix the ingredients together until the mixture resembles sand and the ingredients are well incorporated.
5. Immediately transfer bath bomb mixture into your mold, pressing mixture very tightly into each side.
6. Add a little more of the mixture so you have a little overflow on each side of the mold.
7. Press the mold together and twist until the mold is closed. If you need to use something to hold the mold closed, do that now. You can use a rubber band, saran wrap, or a clip depending on the shape of the mold.
8. Allow your bath bombs to rest (and dry) for at least 24 hours.
9. To remove the bath bombs from the molds, tap gently on the outside of the mold. Then twist each side of the mold and slowly pull them apart.
10. Keep the bath bombs dry until they are used. They should be stored in an airtight container.
11. If you are gifting the bath bombs it is best to shrink wrap them, wrap them in saran wrap, or put them in an airtight container. This will help keep them fresh!
12. To use your bath bomb, just drop into the bath and enjoy the scents, fizz, and salt!