Create calming bath bombs with dried lavender or other fragrances with this simple recipe. This project from WorkshopSF includes common ingredients and tools found in your kitchen or grocery store.

**RECOMMENDED AGE/SKILL LEVEL:**

Children can participate in this project with adult supervision when handling ingredients.

**MATERIALS**

- 1 cup baking soda
- ¾ cup cornstarch
- ½ cup citric acid (found in the canning section of some supermarkets, or from Bramble Berry)
- ½ cup Epsom salt
- Coconut oil, melted
- Witch hazel

**Optional:**
- Skin-safe colorants, such as La Bomb colors from Bramble Berry
- Skin-safe glitter, such as this one from Bramble Berry
- Skin-safe colored mica (we used this purple mica)

**INSTRUCTIONS**

**Make the base bath bomb mixture:**

- Mix together the dry ingredients, then slowly add the coconut oil, starting with just a couple tablespoons.
- Use your hands to incorporate the oil into the dry mix, slowly add more oil if needed until the mix clumps together and has a consistency similar to damp sand.
- Spritz with witch hazel as needed to keep the mixture damp enough to stick together.
  (Hint: Avoid using water, which will cause the mixture to fizz.)

**To form the calming lavender bath bombs:**

- Sprinkle dried lavender into a mini muffin tin.
- If you’re adding colorant, stir a small amount (about ½ teaspoon) of purple mica into the bath bomb base.
• Fill the muffin tin with the mixture, pressing down firmly to pack the mix into each section.
• Slowly add more colorant to the mix as you fill the tin.
• Let dry for one hour, then flip the tin upside-down on a cutting board.
• Tap the back of the tin with a spoon or spatula to release the bath bombs.
• Let them set overnight before adding them to a bath or packaging them as gifts.

Note: Even if you use skin-safe colorants and glitter in your homemade fizzies, it’s always a good idea to rinse off after bathing with these bath bombs.

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• Step-by-step Tutorial
• Some lighthearted notes on the benefits of bath in Town and Country Magazine