

Museum of Craft and Design x WorkshopSF

CALMING BATH BOMBS



PROJECT DESCRIPTION

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
 - $\frac{3}{4}$ cup cornstarch
 - $\frac{1}{2}$ cup citric acid (found in the canning section of some supermarkets, or from [Bramble Berry](#))
 - $\frac{1}{2}$ 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 $\frac{1}{2}$ teaspoon) of purple mica into the bath bomb base.

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- 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.



ADDITIONAL RESOURCES

CONNECT SOCIALLY

Facebook & Instagram: @MuseumofCraftandDesign @WorkshopSF
Twitter @SF_MCD @Workshopsf

Share your project!
Post and tag #MCDatHome

RELATED MATERIAL AND RESOURCES

- [Step-by-step Tutorial](#)
- Some lighthearted notes on the benefits of bath in [Town and Country Magazine](#)