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
- 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.
Museum of Craft and Design x WorkshopSF
CALMING BATH BOMBS

• 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 SOCIALY
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

sfmcd.org