We can all use a little extra self-care right now. This project from WorkshopSF includes common ingredients and tools found in your kitchen or grocery store—just grab anything you don’t already have on your next ramen and TP run.

**RECOMMENDED AGE/SKILL LEVEL:**

Children can take part in this project if they are able to be in safe proximity to kitchen 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.
**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.

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**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*