

How to Make Bath Bombs

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Bath bombs are easy to make and are lovely to use yourself or give as gifts. The basic bath bomb is one part citric acid, two parts bicarbonate of soda with the addition of an essential oil. You can add sea salts, Epsom salts, herbs and flowers and colour to this basic mix to create unique bath bombs.

You'll need:

2 cups bicarbonate of soda
1 cup citric acid powder
Powdered food colour
Sifter
Olive oil
An essential oil such as peppermint, lavender, geranium
Potpourri or herbal teabags such as chamomile, lemon, rosehip or peppermint
Moulds

Here's how:

1. To make the base mix, sift together the bicarbonate of soda, citric acid powder and food colour (if you use it) in a large, dry mixing bowl. This is enough to make about 4 bombs, depending on the size of the moulds. Stir in any pot pourri or herbs if you are using them (tear open a herbal tea bag and add to the dry mix).
2. In a small bowl, combine 6 drops of your chosen essential oil with 1/2 teaspoon of olive oil.
3. This is the tricky bit. Pour this mixture into the base mix and stir quickly with a teaspoon so things don't start fizzing! You will need to stir very, very quickly and not stop until everything is well mixed.
4. Wearing rubber gloves (so your hands don't get stained), continue to combine the ingredients with your fingertips until they start to stay together when compressed in your hand, like wet sand does. When the mixture reaches this stage it's ready to go into the moulds.
5. Wipe a little sweet almond oil inside the mould. Fill the mould with the mixture, packing it in firmly. Make your other bath bombs with the remaining mixture, working with 1/2 cup at a time. Leave the bath bombs to set for at least 24 hours (48hours is even better). Turn each mould over and bang it firmly once on a flat surface, then gently ease out the bath bombs.

Tips

- To make sure your bath bombs are easy to remove, stick to simple moulds such as heart and star shapes.
- Stick to simple shapes so the bombs turn out easily. Silicone cake moulds are ideal to use for making bath bombs, they don't need to be oiled as they can be turned out easily.
- To give your bombs a pretty, textured look, sprinkle extra herbal tea or potpourri into the moulds before you press in the mix.

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