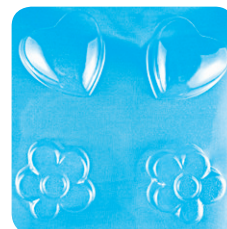




Materials - Makes 5

- 1 x Flowers and Hearts Mould #EE
- 1 cup Bicarb Soda*
- ½ cup Citric Acid*
- ½ cup Epsom Salts*
- ¾ tbs Light Olive Oil or Coconut Oil
- Drops of Essential Oils
- 1 - 2 drops Food Colouring
- Water in a spray bottle
- Disposable Gloves



Bath Bombs make a great gift! Place in Roberts Cello Bags size 1, 2 or 3 and tie with a colourful ribbon.



Step 1

Sift Bicarb Soda and Citric Acid into a glass bowl. Add Epsom Salts. Mix well.

Step 2

In a small dish, mix Olive Oil and Essential Oils. Add oil to the dry ingredients 1 tsp at a time. Wearing disposable gloves rub the mixture between your hands to disperse oils evenly.

Step 3

Divide mix into 3 separate bowls. Add 1 drop of Food Colouring at a time until the desired colour is reached. Be careful not to over colour as colour will darken over time.

Step 4

Moisten the mix with spritz of water and mix well. Be careful not to add too much water at a time or the mix will begin to fizz. Squeeze a small amount of mix in your hands. It should hold together. If the mix is dry and crumbly add another spritz of water.

Step 5

Press mix firmly into each mould cavity. Leave to set for 30 minutes. Carefully remove from the mould. Place onto a piece paper towel to dry completely for approximately 24 hours.

TRY THIS!

Large moulds can also be used to make chocolate coated ice-creams!



*These products are available at most large supermarkets.

If using a food colouring for the first time you may want to test it. Some colourings may leave a stain on skin or bath tub.