

teen take & make

[maker kit]
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De-Stress

Congratulations - you've made it through 2020! Whether you are facing final exams or just general stress, use one of these DIY Bath Bomb kits to create some quality relaxation.



Have questions or comments about our Teen Take & Makes?
Email me at khutley@wilmettelibrary.info



Ingredients (Included)

- 1/4 cup citric acid (CA)
- 1/4 cup corn starch (CS)
- 1/4 cup Epsom salt (ES)
- 1/2 cup baking soda (BS)
- 2 bath bomb molds
- 1 2mL bottle lavender essential oil (optional - you can also substitute another scent you have)

You Supply:

- 1 1/2 tablespoons olive oil
- 1 1/2 teaspoons water

A note about the packaging:

Cornstarch is hard to put into bags! Essential oil gets everywhere! I did my best to make sure the ingredients are not a mess. Please be careful when unwrapping everything.

Directions:

1. In a medium bowl, mix together your dry ingredients: citric acid, corn starch, Epsom salt, & baking soda. You can use a whisk or fork to mix. Mix well. Optional: Add flower petals for color & a little more scent.



2. In a separate bowl, mix the wet ingredients: water, essential oil, and olive oil. You may not need all the essential oil. Depending on your scent preference, you can use between 5-15 drops. Don't use the same whisk or fork if it still has the dry ingredients on it!



Directions, cont.:



3. VERY SLOWLY, add the wet ingredients to the dry ingredients while mixing constantly. Either pour very slowly or use the pipette from the lavender bottle to add drops at a time. This cannot be stressed enough.

The citric acid is what causes the bath bombs to fizz. Adding the wet ingredients too fast can cause too much fizzing, which will make your completed bath bomb fizz less or make it fizz while drying, so it will expand out of the mold.

The completed mixture should look and feel a bit like wet sand.



4. Once mixed, use a spoon or your hands to put the mixture in the molds. Press firmly but not too much. If it's packed too tight, the bath bomb may get stuck, or the halves may split while drying. Fill each half circle and press two halves together. Twist to remove excess mixture and line up the eyelets. Repeat for the second mold. **Make sure not to mix up the two halves that fit together. Test that they snap closed before filling.**

5. Leave the bath bombs to dry for overnight if possible, so they will hold together when you take them out of the mold.

Directions, cont.:

6. To remove, twist one half and pull away. Pull on the eyelets and remove the bath bombs. If they're sticking, knock gently to loosen and slide your finger between the seams and try again. (Mine took a few tries!)



Two bath bombs drying in molds



One full bath bomb and two halves after mold split while drying.

A Note about Trial and Error

There are hundreds of bath bomb recipes with a range of techniques. I made four bath bombs. Three of them expanded too much in the first few hours of drying (usually attributed to too much moisture causing the citric acid to fizz prematurely) and split the circular molds, so I ended up leaving them to dry as half circles. One stayed in the mold just fine. The mixture seemed too sticky after a few hours of drying, but 24 hours was hard like a normal bath bomb. It worked fine in the bath!

Don't let perfect be the enemy of the good. It's OK if your bath bombs aren't perfect, especially for your first try!