

Home Made Bath Bombs



Prep time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Misc	Child Friendly , Pre-preparable
Occasion	Personal Care

Ingredients

- 1 cup bicarbonate of soda
- 1/4 cup tartaric or citric acid
- 3/4 cups epsom salts
- 2 tablespoons rice bran oil
- 1/2 teaspoon water

Directions

1. Mix together the dry ingredients in a large bowl.
2. In a separate bowl combine the water and oil.
3. Add the water/ oil to the dry ingredients 1 teaspoon at a time, mixing it through with a whisk. If the dry ingredients start to fizz add some more to the fizzing parts to stop the reaction. The finished mixture should resemble damp sand and squish together in your hands.
4. Take a handful of the mixture and use your hands to press it into a ball shape. Place the bath bombs on some paper towel (to absorb any extra moisture) in an airtight container and store for a few days to dry out.
5. Keep the bath bombs away from moisture until ready to use.

Note

Low Chemical / Failsafe

You could also use biscuit cutters as molds to make other shapes. Lightly grease the inside of the cutter and press the mixture firmly into it while it is on a flat surface. Push the bath bomb out by applying even pressure on the top while lifting the cutter.