

Refresh, Decongest & Relax!

DIY Soothing Fizzy Bath Bombs & Salts

These DIY soothing bath bombs & salts have just the right combination of essential oils to not only unwind but to get rid of body odor plus relieve sinus congestion & sore muscles!



Ingredients

- ♥ 1 cup Baking Soda
- ♥ 1/2 cup Epsom Salt
- ♥ 1/2 cup Citric Acid
- ♥ 1/4 cup Corn Starch
- ♥ 3 tablespoons Coconut Oil, melted
- ♥ 15 drops Eucalyptus Essential Oil
- ♥ 15 drops Peppermint Essential Oil
- ♥ 10 drops Sweet Orange Essential Oil
- ♥ 10 drops Rosemary Essential Oil
- ♥ Soap Colorant or Food Coloring

This recipe makes about 4 mini-muffin bath bombs & 8 oz. of bath salts.

Directions:

1. In a large mixing bowl, add baking soda, Epsom salt, citric acid and corn starch. Whisk together until combined, making sure to break up any clumps.
2. Slowly drizzle the melted coconut and essential oils onto the mixture and whisk immediately. Be sure to distribute the wet ingredients throughout and not to add them all at once.
3. Separate the mixture into 2 bowls.
4. Add 3-4 drops of green food coloring to one bowl (1 drop at a time) and mix well. Leave the other bowl as is.
5. **For the fizzy bath bombs**, layer each color into your mold, pressing the mixture down in the center. Allow the bath bombs to dry for 4 - 6 hours, or until they have hardened completely.
6. When dry, unmold your bath bombs and store in an airtight container.
7. **For the fizzy bath salts**, alternate each color in an airtight container, gently pressing the salts down to make a level surface for the next layer.

How To Use:

Add 1 bath bomb or 1/4 cup of the bath salts to your warm bath water. Use your hand to circulate them around in the water and to activate the essential oils. Then sit back and enjoy the soothing effects of the eucalyptus, peppermint, orange and rosemary essential oils as you refresh, decongest and relax plus transform your mood and ultimately feel better!

Enjoy!

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