

# Beauty Recipes

Compiled by Shawn Naticchioni

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### ***Stress Relief Sock***

Get an old stretched-out tube sock and filled it with a huge amount of rice, put oh maybe 7-10 drops of lavender EO in it , knotted it, and throw it in the microwave for about three minutes. Then wrap it around your neck. Well let me tell you! The whole thing took me maybe 5 minutes to make and right now it is my #1 possession in life.

Cindi 3/10/99

### ***Fizzy Bath Kisses***

As posted to me by SOAPYDJ@aol.com

Anyway, the recipe I used is sort of like the one in THE HANDMADE SOAP BOOK by Melinda Coss. Page 69, bath fizzies. here it is:

2 oz. cocoa butter  
2 oz. baking soda  
1 oz citric acid (I'm going to try 2 oz. next time)  
Tbsp. powdered oatmeal  
10 drops food color (I used green)  
1/4 tsp. FO (I used Bayberry Spicy) (not overly strong)

Melt cocoa butter. (I use microwave) Add food color and fo or eo, mix then add baking soda, citric acid and pwd. oatmeal. Stir thoroughly then spoon or pour into molds. (I use a 1-quart glass measuring cup, easier to pour) Put into freezer to set. Takes about 10-20 mins. Then remove from molds when set. I tested these in 110\*-120\* water and they melted wonderfully. I would use 1-2 per bath maybe 3-4 if you like a lot of cocoa butter. The molds I used gave me 16 turtles & 7 fish that weighed .2 ozs.

Soap DJ 3/10/99

### ***Teresa Bath Kisses***

1 oz cocoa butter  
2/3 oz shea butter  
1/3 oz sweet almond oil  
scant 1/4 teas orange essential oil

This makes about 10 (sort of small) ice cube size bath kisses. You can use 1 or 2 in your bath. Put your kiss in hot running water and after it's melted add cold until your bath is the temperature you like. (Fair warning: using 2 makes your tub sort of slick after so I recommend wiping it down to avoid slipping the next time you take a shower!)

You can use small funnels turned upside down to make them in the correct shape.

Teresa 3/10/99

### ***Foot Deoderant Powder***

3 drops lavender  
3 drops rosemary  
4 drops lemon

Add this blend to half a cup of baking soda and half a cup of cornstarch, mixed it good with a chopstick, and put it in a glass jar. I then placed a \*liberal\* amount of powder in each shoe and swished it around to cover the whole inside. I let them air this way for several hours and it got rid of the stink! It has a very nice , lemony fragrance, somewhat herbal and medicinal. I like it for just putting on my feet but it worked well in his shoes. Every now and then I'd swish the powder around just to make sure the shoes were bathed in scent.

Cindi 3/10/99

### ***Soapwort Herbal Shampoo***

This is a very fragrant and stimulating for your scalp. It prevents dandruff and promotes hair growth. Take 1 cup of each of the following and boil them and let them reduce themselves in 2 cups H<sub>2</sub>O. Do not use metal pans....I use an old Mr. Coffee pot or a vision clear glass pan.

Nettle  
Spearmint  
Rosemary  
and for a rich chestnut appearance cloves

Let them steep for at least 2 hours...strain and the liquid left will be very dark brown. Mix these with the shampoo at a 1:1 combination....if you want a darker color add just a little more rosemary and cloves. Pour into bottles and let it set overnight. In the morning you can add a couple drops of your favorite EO to add fragrance....

For the soapwort recipe take 2 handfuls of soapwort to the glass pan and pour over it 1-1 1/2 cups water. Bring this to a boil and lower the heat and simmer for 10 minutes. Cover it and let it steep until cool strain it into a bottle that closes tightly. When you add the nettle, rosemary, spearmint and cloves let it infuse for at least 60 minutes...I prefer to let it infuse over night. every time you use it, it needs to be shaken. This won't give you a head full of suds as commercial ones will but the cleansing is undeniable. Soapwort is nothing more that Wild Sweet William.

You can add fennel to it as well then it would condition as well. For lighter hair substitute the rosemary for chamomile and the cloves for lemon or lemongrass..

Joannine Herriott 2/19/99

### ***Patti's Pain Killer***

This lady at a spice/herb place gave me a list of some herbs to make a tea for my friend that has fibroids and thus has terrible terrible monthly cramps, irritable bowels, nausea, etc. I made a concoction of five herbs from the list provided and made two tea bags for my buddy to try on her next bout...UPDATE: she had a cup of the tea I made for her the other day and I am happy to report, atleast according to her, it worked. She says it didn't make her loopy, dizzy, sleepy or anything and that's a PLUS to me.. The herbs you can choose from are as follows:

Lady's Mantle (herb)

Raspberry Leaf (herb)

Yarrow (herb)

Chaste Tree Berry

Fennel Seed (for the stomach)

Peppermint (for the stomach)

Valerian (for the stomach)

Use(1) part each (choose a total of five including one for the stomach) and steep like a tea. The one I made for my friend Patti included the first four plus valerian (1 tbsp each). Said it didn't taste too bad either but I've just tried the same combo plus peppermint (for taste) and it doesn't taste WONDERFUL even with some sugar. My thought is, however, if it works, deal with the taste. Hope this helps someone else too.

Shannon 2/18/99

### ***Something Good For My Feet***

I took 1 tbsp of my left over lip balm that didn't make its way into nice containers and put it into a microwaveable bowl with 1 tbsp oil (anything that's good for your skin: I used Sunflower oil as that's all that I had); heat on low/high (your choice) until melted, stir and then place in fridge for a few minutes to solidify. I left mine in the fridge for about 15 minutes then took it out and mixed it again, added some eo's (for scent only this trial run) peppermint, camphor and eucalyptus)and let it sit on the counter for a few minutes.

During that time, I got a pot of hot water, as hot as I could tolerate and a towel. While the towel was in the hot water, I plopped myself on the floor and smothered about 1/2 to 1 tbsp of my concoction onto my feet and then wrapped them with the hot, wet towel until the towel cooled. I repeatedly soaked the towel in the hot water and wrapped my feet for about 15 minutes, then wiped off the "foot balm" and threw on my socks and hit the hay!!

The next day my feet were soooooo silky smooth and after countless showers through out the following week, I am happy to report my feet weren't as dry as they had been (especially my heels) and still smooth. Hope it works for you!

Shannon 2/18/99

### **Monster Spray**

12 drops chamomile EO

12 drops lavender EO

8 drops orange EO

16oz water

Mix in spray bottle and have a go at any monsters lurking under the bed or in the closet or at work...

Recipe is from "Seasons of Aromatherapy" by Judith Fitzsimmons.

Stacey Graham 1/22/99

### **Honey Dust**

1 tablespoon of vanilla powder

1 cup of cornstarch.

Mix then add 1 tablespoon of pure honey to the mixture. Work it in to the cornstarch and rub the clumps between your hands until it turns into very tiny particles. Apply to the body with a large brush or feather puff.

Stacey Graham 1/11/99

### **Hair Creams**

Base:

2 Tablespoons Shea Butter

8 teaspoons jojoba oil

To this base add one of the following combinations:

20 drops sandalwood

20 drops bois de rose (rosewood)

-----

20 drops lavender

20 drops cedarwood (Atlas)

-----

15 drops rosemary

15 drops lavender

10 drops myrrh

-----

17 drops ylang-ylang

17 drops lemon

6 drops ginger

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You can also experiment with your own combinations.

From "Aromatherapy for Mind & Body", by David & Carol Schiller

Contributed by Linda 12/08/98

### ***Trina's Herbal Astringent***

An herbal tea in a witch hazel base. AVOID any skin products with alcohol in them!

Liquids:

8 oz. distilled water

16 oz. witch hazel (an infusion of witch hazel leaves & bark in distilled water)

Warm these liquids (do not boil) and add these herbs:

1 tablespoon of each of the following:

Nettle, Chamomile, Elderberries, Marsh mallow, Calendula flowers.

1 teaspoon each of the following:

Coltsfoot, Comfrey leaves, Fennel, Eucalyptus leaves, peppermint leaves, Lavender buds.

Make a tea of these ingredients in the distilled water & witch hazel. Allow to set for 2-3 hours, strain thoroughly, then add the peels of 2 fresh lemons. Allow these to steep for 2-3 hours and remove. Add 1 ounce pure aloe vera gel and 1 tablespoon of glycerin (optional).

Like most all-natural cosmetics, this astringent won't last until the next Ice Age . You want to keep it refrigerated, and don't make up more than you'll need for about 7-10 days.  
Bill & Trina Wallace 8/21/98

### ***Glitter Gel***

3 tbl. flax seed

1 cup water

Mica pigment or non-toxic glitter

Fragrance oil or Essential oil of choice

Mix seed and water and bring to a boil, remove strain allow to cool, add the glitter and scent. Strain it fast because it gels real fast. You can get flax seed in your local health food store.

Lisa B. 5/19/98

### ***Stick Deoderant***

Note: MEASUREMENTS ARE IN LIQUID OUNCES, NOT BY WEIGHT

8 oz. beeswax  
2 oz. distilled water  
2 oz. alcohol (everclear, vodka, or rubbing alcohol)  
3 oz. unscented talc  
2 oz. cornstarch  
1 oz. baking soda  
1 oz. liquid chlorophyll  
fragrance (as desired)

Prepare molds. Melt wax in double boiler. As the wax cools, add other ingredients, adding chlorophyll and fragrance last. Blend well and pour into molds. If mixture becomes too thick, remelt. Every time you heat the mixture you will loose alcohol and scent, so you may need to add more.

Pour into molds - he recommends recycling toilet paper rolls which are covered or decorated to disguise their original use. Keep deodorant sticks in a sealed plastic container (baggie, etc.) to prevent drying out. To use: push up from bottom of tube and rub on underarm area.

From Making Potpourri, Colognes, and Soaps by David Webb.

Contributed by Barbara S. Cooke

### ***Fairy Dust Glitter Gel***

This fun, whimsical gel is great for your skin. Apply a little anytime you want to sparkle and shine. \* Kids love this trendy gel.

1/4 cup aloe vera gel  
1 teaspoon glycerin  
1/4 teaspoon fine polyester glitter (any color)  
5 drops fragrance oil (your choice)  
1 drops food coloring (your choice)

Mix aloe and glycerin in a small bowl. Stir in glitter, fragrance and color. It is ready to use immediately. \* You can buy fine polyester glitter at most craft stores.

Renorose

Contributed by Elaya Tsosie

### ***Natural Deodorants***

Your sweat is odorless. It is the entrenched bacteria feeding on it that make smells. You can never completely rid yourself of these bacteria, although they may temporarily be gone after zapping. The strategy is to control their numbers. Here are several deodorants to try. Find one that works best for you:

Vitamin C water. Mix 1/4 tsp. to a pint of water and dab it on. Then dab on cornstarch.

Citric Acid water. Mix 1/4 tsp. to a pint of water and dab it on. Then dab on cornstarch.

Only a few drops of these acids under each armpit are necessary. If these acids burn the skin, dilute them more. Never apply anything to skin that has just been shaved!

Corn starch. Many people need only this. Dab it on.

Lemon juice. This acid is not as strong, use what you need.

Pure alcohol (never rubbing alcohol). The food grade alcohols are grain alcohol and vodka. Dab a bit under each arm and/or on your shirt or blouse, then dab on cornstarch. If the alcohol burns, dilute it with water. Be very careful not to leave the bottle where a child could find it.

Pure zinc oxide. You may ask your pharmacist to order this for you. She or he may wish to make it up for you too, but do not let them add anything else to it. It should be about 1 part zinc oxide powder to 3 parts water. It does not dissolve. Just shake it up to use it. After you get it home, you can add cornstarch to it to give it a creamy texture. Heat 3 tsp. cornstarch in 1 cup of water, to boiling, until dissolved and clear. Cool and add some to the zinc oxide mixture (about equal parts). Store unused starch mixture in the refrigerator. Only make up enough for a month.

Alcohol and zinc oxide. This is the most powerful deodorant. Apply alcohol first, then the zinc oxide, then dab on cornstarch.

Remember that you need to sweat! Sweating excretes toxic substances, especially from the upper body. Don't use deodorant on weekends. Go to the sink and wipe clean the armpits like our grandparents did. Often, just plain cornstarch is enough! These homemade deodorants are not as powerful as the commercial varieties-this is to your advantage.

Elaya Tsosie

### ***Cuticle Softener***

1 teaspoon olive oil

1 teaspoon vitamin E oil

### ***Lip Gloss***

2 tablespoons solid shortening (crisco)

1 tablespoon kool-aid drink mix (the dry kind with sugar already added)

Mix the solid shortening together with the drink mix, microwave until mixture is melted, pour into a small container, and set in the refrigerator for 30-40 minutes.

### ***Home Made Lip Gloss,***

1t. aloe vera gel

1t. petroleum jelly

fruit-flavored essential oil

Stir together aloe vera gel and petroleum jelly until mixed well. Add a few drops of fruit flavored essential oil and transfer to a small container.

Note: Check the label of the essential oil to see if it is intended to be used on the skin and non-toxic. I have not tried this, but will try it using oil-based candy flavoring which contains essential oils. Will let you know how it works!

Sarah

### ***Colored Lip Gloss***

Lipstick colors this easy formula for lip gloss. This is a good way to use lipstick that is too dark because the gloss will be a lighter color. 1 teaspoon grated beeswax 1/2 teaspoon lipstick 1/2 teaspoon petroleum jelly Melt the ingredients in a small can placed in boiling water. Stir it well and pour it into a small jar.

### ***Dispersing Bath Oil***

This is one of my favorite formulas. Why? Because most homemade bath oils simply float on bath water. My dispersing bath oil is different! It mixes with water, clings to skin and forms a thin, even coating. This oil has a long shelf life at room temperature. 1 whole egg 1/2 cup baby or mineral oil 2 teaspoons liquid soap or dishwashing liquid 1/4 cup vodka 2 tablespoons honey 1/4 cup whole fresh milk Fragrant oil (optional) estimate about 1 teaspoon Mix all ingredients in a blender for 30 seconds. Use only one or two tablespoons of this oil in a bathtub of water.

### ***Chapped-lip Balm***

Simple, petroleum jelly is good for chapped lips, but this formula is even better.

The essential oil gently cools burning lips. 1 tablespoon grated beeswax (1/2 ounce weight) 1 tablespoon petroleum jelly 1 teaspoon honey 1 tablespoon lanolin 3 to 4 drops essential oil Melt the wax, lanolin and petroleum jelly in a microwave. Add the honey and essential oil. Essential oil of peppermint, eucalyptus, wintergreen and camphor all slightly numb painful lips. Stir the mixture until it cools.

### ***Honey Bath***

Recipe: honey, sweet almond oil, and sea salts

Benefits: Sea salts exfoliate the skin, oil moisturizes and honey adds sweetness to the body. Use honey bath after your usual bath. Do not pour it in the tub. Rub it on your body and rinse it off.

### ***Aphrodisiac Bath Oil***

Recipe: sweet almond oil, jasmine, sandalwood, and tangerine fragrance oils

Note: Fragrance oils can be purchased at The Body Shop and perfume stores.

Benefits: All of the oils are aphrodisiacs, and the scent is unisex. Pour it in the tub or use it as an after-bath massage oil.

### ***Rose Milk Bath***

Recipe: rose petals, milk, fragrance oils, and vodka (a preservative); mix well.

Benefits: Aesthetic--you feel sexy and soft. The mixture is relaxing, calming, and soothing. To keep the "bath" fresh, make sure it is refrigerated. The vodka is used as a preservative, and should only be used if you plan to make the mixture ahead of time.

### ***Thalassotherapy Crystals***

2C Epsom salts

6 drops blue food coloring

5 drops each lavender, lemongrass, tea tree, and orange essential oil

Place salts in glass bowl. Add food coloring and oils. Mix until salts, color and oils are blended. To use dissolve 1/2C in hot running water.

### ***Honeysuckle Silk Bath***

2C baking soda

1C cornstarch

1/8 tsp honeysuckle perfume oil

1/2 tsp yellow food coloring

1/2 tsp red food coloring

Combine dry ingredients in food processor. Add food coloring and mix well.

Add oil and blend. Sprinkle 1/2 cup over hot bathwater just before entering tub.

### ***Strawberries and cream bath bag***

1/2C oatmeal

1/2C powdered milk

4T almond meal

15 drops strawberry perfume oil

Combine dry ingredients in bowl. Stir to mix well. Add essential oil and blend. Makes 3 bath bags. Put in pretty bag. Add to tub of running water

### ***Lavender dusting powder***

1/3C white Kaolin clay

1/3C arrowroot powder

1/3C cornstarch

4 drops each lavender, clary sage, and mandarin essential oils.

Combine dry ingredients in blender. Add oils and blend. Put in shaker.

### ***Shower Gel***

3/4C distilled water

1/2C unscented shampoo

1T table salt

2T aloe vera gel

15 drops perfume oil of your choice

Mix together until well blended

Powder

1/2C baking soda

1/2C corn starch

20 drops perfume oil

Mix until blended and let dry before packaging

### ***Colored Bath Salts***

1C epsom salts

1/4C kosher salt or sea salt

food coloring (color of your choice)

fragrance oils

Mix together epsom salts and kosher salt. Add a few drops of your favorite color and stir well. If you would like your salts scented, add a few drops of fragrance oil. Store in airtight container. Add 1/4C to running bath water.

\*Note - you can substitute cornstarch or baking soda for kosher salt.

### ***Lavender Bubble Bath***

bunch of lavender

1 large bottle clear organic shampoo

5 drops lavender essential oil

Place the bunch of lavender head down in a clean, screw top widemouth jar.

You really only need the flowers, so cut off the any long stalks. Add the shampoo and the lavender oil. Close the jar and place it on a sunny windowsill for two to three weeks, shake occasionally. Strain the liquid and rebottle.

### ***Fine bath Salts***

1/2C fine sea salt or table salt

1/2C baking soda

1tsp sunflower oil

2-3 drops fragrance oil of your choice

1/4tsp vitamin E oil (optional)

Put in ziploc bag mix well. Add 1-2T to bath under running water.

3-2-1 Bath Salts

3C Epsom Salts

2C Sea Salt

1C Baking soda

Mix in large ziploc bag. Add a few drops of fragrance and/or food coloring and knead to saturate the salts. Let sit overnight with one corner open just a little so the mixture can "breathe". Use 1/4C per bath.

### ***Handmade Lotion***

3/4C Coconut Oil

1/2 of an ounce Beeswax

1C of luke warm distilled water

25-30 drops Essential oil of your choice

Directions:

To a glass bowl or heat safe measuring cup add your coconut oil and beeswax. Set the glass bowl or cup into a sauce pan of water to come half way to three quarters of the way up the outside of the glass bowl. You want to heat this mixture on low just until the beeswax melts. Remove the cup from the sauce pan. Cool for a few minutes, but not long enough for the beeswax to harden back to solid form. You should be able to put your finger in the oil without getting burned, and a film of hardened beeswax should form at the edge of the bowl, this is normal. Put the lid on your blender and remove the center ring handle in the lid. Insert a wide mouth funnel in the hole of the lid of the blender to reduce splattering. Pour the warm water into the blender through the funnel and turn the blender on high speed slowly adding the oil-beeswax mixture, a small amount at a time. Don't add it all at one time or you will get a big mess. The correct thickness of the lotion will depend on the temperature of the oil mixture, but mainly on how slowly the oil is poured into the water. The mixture should begin to thicken after about three quarters of the oil has been added in the blender. Add the rest of the oil you have slowly, until the mixture becomes nice and smooth. There may be a little water left in the blender, if so, pour it out, or absorb it from the edge of the blender with a paper towel. You will now have a beautiful lotion. Add the essential oils last, turning on the blender just enough to blend the oils. Be careful at this point to not over blend the mixture. Use a spoon or spatula and scoop the cream into your 1 -2 ounce jars. Store any extra cream in the refrigerator to prolong its shelf life. Normally, hand made creams have a shelf life of 3-6 months. An essential oil to add to creams for prolonged shelf is any citrus type essential oil like mandarin, tangerine, lemon, grapefruit, etc. Some have actually boiled grapefruit peels and used the grapefruit water as the water for the cream as an added preservative.

### ***Fizzy Moisturizing Bath powder recipe***

1C baking soda

4T citric acid

1/2C sweet almond oil or grape seed oil or olive oil

1/4tsp perfume fragrance or essential oil

Combine the dry ingredients into a bowl. Stir until well blended. Add bath oil and fragrance oil. Stir until well mixed. Place your mixture into plastic bags and tie with pretty ribbons. Use 1/4C per bath. The contents of a vitamin E capsule can also be added to the mixture, again without the addition of extra bath oil.

### ***Scented Dusting powders***

5T unscented talcum powder

1T cornstarch

5 drops rose or jasmine essential oil or 2 drops peppermint oil

makes 2 ounces

### ***Oatmeal Facials.***

Mix rolled oats with just enough warm water to form paste. Spread on skin, let dry, then rinse off. Works great, and hypoallergenic.

### ***Lip Gloss***

found in an old Girl's Life magazine (Oct./Nov. 1997 )

Home Made Lip Gloss

1tsp. aloe vera gel

1tsp. petroleum jelly

fruit-flavored essential oil

Stir together aloe vera gel and petroleum jelly until mixed well. Add a few drops of fruit flavored essential oil and transfer to a small container.

Note: Check the label of the essential oil to see if it is intended to be used on the skin and non-toxic. I have not tried this, but will try it using oil-based candy flavoring which contains essential oils.

### ***Bubble Bath***

You mix 1 1/2 cps Ivory Snow (HAS to be!) with 1/4 cp water and beat with a mixer until it stiffens up (add a bit more soap, pinch by pinch until it does). Make sure your hands are dry. Wet hands make smooth bath balls - make 1 inch wide balls. After they dry, wrap in netting and tie with a ribbon. To use, break open the ball under the tub's running faucet.

### **Colored Lip Gloss**

Lipstick colors this easy formula for lip gloss. This is a good way to use lipstick that is too dark because the gloss will be a lighter color. 1 teaspoon grated beeswax 1/2 teaspoon lipstick 1/2 teaspoon petroleum jelly Melt the ingredients in a small can placed in boiling water. Stir it well and pour it into a small jar. Dispersing Bath Oil This is one of my favorite formulas. Why? Because most homemade bath oils simply float on bath water. My dispersing bath oil is different! It mixes with water, clings to skin and forms a thin, even coating. This oil has a long shelf life at room temperature. 1 whole egg 1/2 cup baby or mineral oil 2 teaspoons liquid soap or dishwashing liquid 1/4 cup vodka 2 tablespoons honey 1/4 cup whole fresh milk Fragrant oil (optional) estimate about 1 teaspoon Mix all ingredients in a blender for 30 seconds. Use only one or two tablespoons of this oil in a bathtub of water. Chapped-lip Balm Simple petroleum jelly is good for chapped lips, but this formula is even better. The essential oil gently cools burning lips. 1 tablespoon grated beeswax (1/2 ounce weight) 1 tablespoon petroleum jelly 1 teaspoon honey 1 tablespoon lanolin 3 to 4 drops essential oil Melt the wax, lanolin and petroleum jelly in a microwave. Add the honey and essential oil. Essential oil of peppermint, eucalyptus, wintergreen and camphor all slightly numb painful lips. Stir the mixture until it cools.

### **Bath Salts**

2 LB. baking soda  
1 can salt  
1/4 C. olive oil  
(optional)- rose oil  
mint oil  
vanilla oil

### **Body Glitter**

Use 1/4 cup aloe vera gel,  
1/2 teaspoon of glycerin, and 1 teaspoon of glitter. Everyone said that this "homemade" version was much better than the stuff you buy in the stores. We mixed several different glitters together-extra fine, fine, medium & stars, this gave the gel more interest. Your girls will love doing this project! Have fun!

### **Lip gloss**

Vaseline  
Pixi

### ***Bath Balls***

2 TBS Cornstarch  
2 TBS Citric Acid  
1/4c. Baking Soda  
3 TBS Coconut Oil  
1/2 tsp Fragrance Oil  
Coloring (Optional)

Mix first 3 ingredients together.  
Melt oil, and add fragrance oil.  
Slowly add oil mixture to the dry ingredients. Add color. Mix well.  
Take truffle sized scoops, and roll into balls.  
Let sit for a couple of hours, reshape if needed.  
Then let dry for 24-48 hours.  
sticks

### ***Homemade Bath Salts***

2 C Epsom Salts  
1-2C rock salt  
10 drops liquid food coloring  
20 drops essential oils

Mix together and let sit for a few days. After sat mix different colors together in a jar. Will look very pretty.

### ***Bath Bombs***

More fun than a bubble bath, try the latest in bathing luxuries..bath bombs! Bath bombs are round fragranced balls (tennis ball size) which react in water, releasing beautiful aromas and oils.

To make a bath bomb you need to start with a base mixture to which you add different colours and fragrances to create individual bombs. Before you start, make sure that all your equipment is dry, because any drop of moisture will start the mixture fizzing.

Make the base mixture by sieving together 1½ cups of bicarb soda and ½ cup of citric acid into the large mixing bowl. Stir well with a spoon until thoroughly mixed. This is enough to make four bath bombs. Any left over mixture can be stored in an air tight container ready for later use.

Transfer ½ cup of base mixture into the medium size bowl and set aside.

Using the small bowl:

For an orange bath bomb:

Mix together 6 drops of orange essential oil, ½ teaspoon of sweet almond oil, 5 drops of red food colouring and 7 drops of yellow food colouring. Mix well using the teaspoon.

For a lemon bath bomb:

Mix together 7 drops of lemon essential oil, ½ teaspoon of sweet almond oil and 15 drops of yellow food colouring. Mix well using the teaspoon.

For a lime bath bomb:

Mix together 6 drops of lime essential oil, ½ teaspoon of sweet almond oil and 15 drops of green food colouring. Mix well using the teaspoon.

Pour the oil mixture of your choice into the medium bowl containing the ½ cup of base mixture. Stir very quickly so that the mixture doesn't start to fizz.

Continue mixing with your fingertips, working the oil mixture into the base mixture until it starts to come together and stays compressed when squeezed (about 30 seconds).

Wipe some sweet almond oil around the inside of the mould. This will make sure the bath bomb will slip out easily from the mould. Now press the mixture into the mould.

Fill the mould 1/3 at a time with the mixture, pressing down firmly as you go. When you reach the top of the mould, neaten the edges, turn the mould over, bang firmly on a flat surface and the bath bomb will slip out.

Let it set for 24 hours. It is then ready to use!

These bath bombs make great Christmas presents.

Cost

Bicarb soda (from supermarket baking section)

Citric acid (from supermarket baking section)

Sweet almond oil (from Body Shop or local chemist)

Essential oils (orange, lemon and lime, from health food stores or local chemist)

Packet of food colouring (from supermarket baking section)

Mixing bowls: small, medium and large

Mixing spoon

Sieve

Measuring cup and teaspoon

Mould (we used a small aluminium jelly mould)

These bath bombs cost around \$1.00 each to make using ingredients shown. More info  
Craft consultant for this project is Wendy Straume of Nomad Studio Australia. Materials  
are available from most supermarkets, chemists and health food stores.