

Bath Bombs

Ingredients needed:

- 1 cup Epsom salt
- 1 cup Baking soda
- Lemon juice (less than 1/4 cup)
- Water (equal amount to lemon juice)

Optional:

- Essential oils or fragrance
- Food coloring

Supplies needed:

- A bowl to mix dry ingredients
- A small bowl or measuring cup for wet ingredients
- A wire whisk/spoon/fork to mix
- A mold/cupcake tin/ice cube tray

Steps to take:

1. Mix equal part Epsom salt & baking soda in a bowl. Stir well.
2. Mix equal part lemon juice & water into separate container from dry mix. Stir well.
3. Slowly stir in drops of lemon juice/water mixture into your dry ingredients. Continue adding drops and stirring in until your mixture starts to feel like wet sand.
 - If your mixture gets too saturated, counter by adding equal part dry ingredients.

Optional: Essential oil or fragrance

- Slowly add a drop or two at a time into your sandy mixture. Mix well.
- Add an amount to your liking

Optional: Multiple colors

- Separate your sandy mixture into multiple bowls (one per color you intend to make).
- Add a drop or two of food coloring.
- Mix in slowly, similar to how you added lemon juice/water mixture
- Repeat with each color you want to make.

4. Pack your sandy mixture into your mold. Press it as tightly as possible. If you have multiple colors, you can add them in layers.

5. Let dry. You can put in the fridge or freezer to quicken the process.

6. Pop out of the mold!

Gingerbread Body Scrub

Ingredients needed:

- 1 cup Brown Sugar
- 1/4 cup Coconut Oil (solid)
- 1 tbsp Molasses
- 1 tsp Ground Cinnamon
- 1 tsp Ground Ginger
- 1/4 tsp Ground Cloves

Supplies needed:

- A bowl to mix
- A wire whisk/spoon/fork to mix
- A container with a lid for storage

Steps to take:

1. Mix Brown Sugar, Cinnamon, Ginger and Cloves in your bowl.
2. Stir in Coconut Oil and Molasses
3. Use your whisk/spoon/fork to mix all ingredients to make a crumbly mixture
4. Store your mixture into a container with secure lid

To Use:

1. Apply to wet or dry skin (if using in the shower, be cautious as the oil could become slippery)
2. Rub into your skin
3. Wash off completely