

Botanical Bath Bombs Recipe

Beautiful botanical bath bombs to relax and reinvigorate the senses

There is something so incredibly grounding and therapeutic in creating with one's hands. I first started making bath bombs with my nature playgroup. It's a beautiful way to ground and really activate our senses: we engage our olfactory senses (sense of smell) using essential oils, our tactile sense of touch, and the sense of feeling whereby observations made with our senses of smell, sight, and temperature moves our awareness from an internal experience outward to an external experience. I enrich bath bombs using clays, which also serve as natural colourants, and add beauty through hand-mixed floral confetti. The results are luxurious and truly healing in their natural simplicity.

FLORAL CONFETTI BLENDS

Directions:

1. Combine florals of choice in a large bowl.
2. Add bio glitter to add a bit of sparkle.
3. Sprinkle into your mould before you add your bath bomb mix and be amazed by the results!



BEAUTIFUL BOTANICAL BATH BOMBS

Ingredients:

- 2 cups of bi-carb soda
- 1 cup citric acid
- 1/2 cup epsom salts
- 3/4 cup cornflour
- 1 Tbs clay of choice
- 1/8 cup coconut oil
- 8 drops essential oils
- Water

Directions:

1. Combine dry ingredients in a large bowl, mixing well to remove any lumps in the bicarb and ensuring the clay is well combined.
2. Combine wet ingredients and add to dry.
3. Spritz with water until mixture is firm when compacted. It should not be wet as such, just moist.
4. Spoon mixture into moulds until slightly overfilled and press together firmly.
5. Gently remove moulds and enjoy!