Contributor

FOR TEACHERS for students

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MOTHER'S DAY

Bath Bombs

This recipe makes approximately four bath bombs when using a muffin tray.

What you will need (per pair of students):

- food colouring
- sweet almond oil
- vegetable oil
- 10 tablespoons of bicarbonate of soda
- 3 tablespoons of citric acid (this can be purchased from chemists or pool supply stores)
- 2 large mixing bowls
- moulds for the bath bombs (muffin or ice trays are ideal, but any clean plastic container that holds its shape is suitable)
- a small glass jar
- rubber gloves
- measuring spoons and cups
- scented essential oils (optional)
- flower petals (optional)
- body glitter (optional)

Instructions

1. Grease the sides and base of the moulds with a small amount of vegetable oil.
2. Put the bicarbonate of soda and citric acid into one of the large mixing bowls (make sure the bowl is completely dry). Mix well. This forms the base of the bath bomb mixture.
3. Measure half a cup of the mixture and put it into the other large bowl. This amount will make about two bath bombs (depending on the size of your moulds).
4. Add flower petals or glitter to the mixture if you are using them.
5. In the small glass jar mix together 6 drops of scented essential oil (if using), 5 teaspoons of sweet almond oil and approximately 10 drops of food colouring.
6. Put on a pair of rubber gloves and pour the oil mixture into the half cup of base mixture. Use a spoon to mix it together quickly then use your hands to combine the mixture until it stays together in your hands without crumbling.
7. Spoon the mixture into the moulds, pressing it down firmly.
8. Repeat with the rest of the mixture using other colours and scented oils as desired.
9. Leave the bombs in their mould to set for two to three days.
10. Carefully turn the moulds over and remove the bombs.
11. Drop the bombs into a bath of water and watch them fizz.

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What is happening?

When the bath bomb is dropped into water a chemical reaction occurs between the citric acid and the bicarbonate of soda. During this reaction, carbon dioxide is released and this is what causes the fizzing effect. It is similar to the fizzing that can be seen in carbonated water.

The sweet almond oil is also released into the bath during this reaction and acts as a moisturiser on the skin.