

3 Make a fizzing bath bomb

Bathtime will go with a bang with this bubbly experiment.

WARNING!

While bath bombs are safe to handle, some of the ingredients might irritate those with sensitive skin.

What you need

- 100g bicarbonate of soda
- 50g citric acid
- 25g cornflour
- 25g Epsom salt
- 2 tbsp of olive oil
- Food colouring
- ¼ tsp essential oil (optional)

- Two mixing bowls
- Small spoon
- Moulds (they can be any shape you like)
- Rubber gloves

How does it work?

Bath bombs contain two ingredients that combine in water to make a bubbly chemical reaction. When the bath bomb is dropped in water, the dry components begin to dissolve, and then react with each other. The bicarbonate of soda is an alkali (opposite of acid), and it reacts with the citric acid to release carbon dioxide. This bubbles up through the water, producing a satisfying fizz (and hiss) of tiny bubbles.



1 Add the bicarbonate of soda, citric acid, cornflour and Epsom salt into a bowl, and then mix them all together well with a spoon.



2 Slowly add the olive oil a little at a time, stirring well between each addition. If you like, you can add a squirt of food colouring and a few drops of your favourite essential oil.



3 When all of the oil has been added, add one or two drops of water and mix in quickly. Add just enough to get the mixture to stick together when pressed in your hand and keep its shape.



4 Pack your mixture tightly into your moulds. You may wish to wear rubber gloves. Leave to dry for two to four hours then remove carefully. It's now ready to drop into a lovely warm bath.