

DID YOU KNOW?

The cosmetics company Lush makes as many as 20 million bath bombs every year.

Make bath bombs

These explosive chemical creations will make fantastic fizzy gifts for friends.

What you need

- 340g baking soda
- 170g citric acid (buy online)
- 170g Epsom salts (buy online)
- 2tsp water
- 2tsp lavender essential oil (buy from health shop)
- 5tsp olive oil
- Food colouring (any colour)
- 2 bowls
- Whisk
- Spoon
- Silicone ice tray or muffin tin

How does it work?

Bath bombs are packed with essential oils and bath salts, which can help to soothe muscles and make you feel relaxed. Along with ingredients that add smell and colour, are baking soda and citric acid. Citric acid is a weak acid and baking soda is a weak base (the "opposite" of an acid). They react with each other in water to produce a gas called carbon dioxide. This is what makes the bombs fizz – it's also the gas that makes pop fizzy. As the chemicals react, the gas creates lots of bubbles. Try testing your bombs in both hot and in cold water to see which results in a stronger reaction.

WARNING!

Wash your hands immediately after handling the mixture and do not put essential oils near or in your mouth.



1 In a bowl, mix the dry baking soda, citric acid and Epsom salts together with a whisk.



2 In a separate bowl, mix together water, essential oil, olive oil and food colouring.



3 Carefully add the wet mix to the dry mix, one spoonful at a time.



4 Mix well until the colour looks even. You can use your fingers to mush it all together.



5 Spoon the bath bomb mixture into silicone ice trays or muffin tins and pack down tightly.



6 Leave to dry overnight, then turn over the tray and remove the bath bombs carefully.