



Sleepytime Magnesium Bath Bombs

Mineral rich bath fizzies with chamomile

Ingredients

- 1 cup (240 g) Baking Soda
- 1/2 cup (120 g) Citric Acid
- 1/2 cup (175 g) Epsom Salt
- 1 tablespoon (15 ml) Magnesium Chloride Oil
- 1 tablespoon (15 ml) Shea Butter, melted
- 1/2 teaspoon (2.5 ml) German Chamomile Essential Oil
- 1/2 teaspoon (2.5 ml) Mandarin Essential Oil
- 1/2 teaspoon (2.5 ml) Vanilla CO2 Extract
- 1/2 teaspoon (2.5 ml) Two Tone Blue Green Mica, optional

Makes about three 190 gram fizzies

Directions:

1. Combine baking soda, citric acid, and epsom salt in a small food processor and pulse until powders become smooth and uniform. Transfer powders to mixing bowl.
2. In a smaller bowl, combine magnesium oil, shea butter, and essential oils. Whisk together, then slowly drizzle liquids into the powder, mixing continuously as you do so.
3. Continue to mix the powders together using your hands. Break up any clumps that form and mix until the powder reaches a consistent texture. At this point, the powder should clump together in your hands like snow or damp sand.
4. Split the mixture into two parts. Add mica to one bowl and mix until the color is well blended.
5. Pack mixture into bath bomb molds. Press each half of the mold firmly, then add another layer of mixture to the tops so that they are overflowing with powder. Press the two halves together firmly until they stick. Gently tap the mold until it releases, then repeat with the other half.
6. Place the finished bath fizzies onto a tray and allow them to cure in a cool, dry place for 24 hours. Once they have fully hardened, they should be packaged in an airtight container.

Usage & Packaging

- To use, drop one bath fizzle into warm bath water. The fizzle will bubble and fizz as it dissolves.
- Bath fizzies should be stored in airtight packaging such as cello bags, shrink wrap, or airtight jars.

For Additional Recipes:
www.NaturalBeautyWorkshop.com

© 2013 by Natural Sourcing, LLC. All rights reserved. Feel free to share links to the recipes and posts that you find on NBW with your friends, but don't forward this file, repost this recipe, or use the photo without first checking with us.

From Nature With Love and The Natural Beauty Workshop are trademarks of Natural Sourcing, LLC.