Bath Bombs for Every Mood: Aromatherapy Recipes to De-Stress, Rejuvenate, and Energize

The empowering practice of aromatherapy has quickly gained in popularity over the last several years. Chances are good that you have heard of it and have a general idea of what it might be, but would like to learn a lot more. If so, you're in luck! In this book, you will learn not only about aromatherapy and the incredible things it can do for you, but also about how you can incorporate aromatherapy into bath bomb recipes for your enjoyment and well-being. In the "How to make, store, and use bath bombs" section, you will learn a basic bath bomb recipe, and in the "Recipes by Mood" section, you will be treated to 18 absolutely luxurious and mood-boosting aromatherapy bath bomb recipes, as well!

Introduction to Aromatherapy

Essential oils have been used to enhance and improve mood for thousands of years. In aromatherapy, essential oil fragrance is used to create and enhance feelings of well-being, and to promote general health. Different essential oils affect the body and mind in different ways, and have different benefits.

Aromatherapy can be far more effective than you probably imagine. As you will discover when reading "Aromatherapy: Exploring Olfaction" (www.yalescientific.org/2011/11/aromatherapy-exploring-olfaction), essential oils have been proven to have a substantial and measurable positive effect on mood. In a study conducted at the Mie University School of Medicine, it was determined that people suffering from depression required smaller doses of antidepressants after having an aromatherapy treatment using citrus fragrance. Additionally, in a study conducted at the University of Vienna, it was found that female dental patients experienced a lesser degree of anxiety when exposed to the scent of orange oil.

When you breathe in the beautiful fragrance of an essential oil, molecules of the scent stimulate olfactory receptors. Once that has happened, the signals are carried from the receptors to the olfactory bulb by olfactory sensory neurons. The olfactory bulb starts processing the essential oil fragrance's input signals. After that, mitral cells transport the output signals to the olfactory cortex from the olfactory bulb. This final process is what gives you the ability to perceive and recognize a scent. The mitral cells also transport the scent's signals to various areas of the brain's limbic system. Your brain's limbic system controls mood. This is why essential oils have such profound effects and benefits for us with regard to mood.

What is a bath bomb, and how can aromatherapy be used with them?

Bath bombs are an extremely appealing addition to one's bath tub routine! They create an at once relaxing and invigorating fizziness and effervescence in the water.

A bath bomb is a solid mixture of baking soda and citric acid (powder), in addition to other ingredients. The baking soda and citric acid are the most essential ingredients in the bath bomb, as the reaction between these two ingredients is what causes the bath bomb's appealing fizziness. The reaction that

occurs between baking soda and citric acid is caused by the fact that baking soda is an extremely alkaline substance (high on the pH scale), while citric acid is extremely acidic (low on the pH scale).

Through delaying the reaction by keeping the mixture as dry as possible (it should be roughly the texture of damp sand, and should be able to stick together to form a solid in the moulds), the fizzy reaction will take place when you pop the bath bomb into your bath.

Bath bombs can be easily made at home. Doing so gives you a great advantage, as you can make your bath bombs aromatherapy bath bombs, thus making your bath time experience more rejuvenating and luxurious. This is done by adding small amounts of essential oils to the bath bomb mixture.

How to make, store, and use bath bombs

Bath bombs are easy to make at home, and to store and use! Making bath bombs sometimes takes a little bit of practice, but you will quickly get the hang of it. Also, if you are currently buying bath bombs at retail prices, making your own bath bombs at home will save you lots of money!

There are many different approaches that people take to making bath bombs, and ingredients and methods can easily be tweaked here and there once you get the hang of what you are doing. Below is a simple and easy bath bomb recipe to get you started.

The most important thing to remember is to keep your ratio of baking soda to citric acid powder two to one (two parts baking soda to one part citric acid powder).

Ingredients

Dry ingredients

- 1 cup of baking soda
- Half a cup of citric acid powder
- A quarter cup of Dead Sea salts (or any other mineral salt or bath salt)
- A quarter cup of honey powder or cornstarch

Wet ingredients

- Witch hazel in a spray bottle (if you do not want to use full-strength witch hazel, you can use a combination of witch hazel and distilled water, or even just distilled water by itself)
- Vitamin E oil (Vitamin E both benefits the skin and acts as a mild preservative)

Other things you will need:

- Large mixing bowl (glass is best)
- Whisk
- Measuring cup
- Molds for the bath bombs
- Spray bottle for witch hazel

- Food preparation gloves

Instructions:

1. Combine one cup of baking soda, half a cup of citric acid powder, a quarter cup of a mineral or bath salts, and a quarter cup of honey powder or cornstarch (all the dry ingredients) in a large glass mixing bowl. Thoroughly mix ingredients together with a whisk.

2. Slowly spray the dry ingredients with witch hazel. As you do so, whisk all the ingredients together. Stop spraying once your mixture reaches the consistency of damp sand. **It should be sticky enough to stick together and remain that way when you mold it in your hand.** Use your whisk and hands (wearing food preparation gloves) to get rid of all clumps.

3. Add in any natural food coloring you wish. Keep adding color until you reach the depth you desire. Keep in mind that bath bombs are almost always relatively pale and pastel-colored**.** If you add enough food coloring to create a very dark color, chances are that you will compromise the quality of your bath bomb. Make sure to see our section on natural food coloring below.

4. Make sure that you are able to mold the mixture in your hands without it crumbling. If it crumbles, you need to add more witch hazel.

5. If you feel that your mixture is wetter than damp sand, add a little more of the dry ingredients.

6. Firmly pack your mixture into the molds.

7. Once your bath bombs have thoroughly set (this can take a few hours), gently release them from the molds.

Storing bath bombs

Store your bath bombs in such a way as to ensure that moisture from the air or from any other source does not reach them. This is important because any moisture they are exposed to is capable of causing the fizzing reaction to occur prematurely. You could carefully wrap your bath bombs in plastic wrap, and/or put them in an air-tight container.

Bath bombs can generally be stored for up to six months.

How to create natural food coloring

Natural food coloring is much better for your health than any other (artificial) kind. If you use food coloring in your bath bombs, make sure that it is natural. Below are some tips for creating natural food coloring for some of the most popular colors! These great natural dyes will help you achieve a gorgeously pastel color.

Orange: Use fresh carrot juice

Pink and red: Use beet juice. You can use the juice from canned beets, or make your own juice by boiling or juicing raw beets. An alternative to beets is to use pomegranate or raspberries. Use a food processor or blender to pulverize the fruit. After doing so, you can strain out the liquid using a cheesecloth or a mesh sieve.

Yellow: For yellow color, add tiny amounts of turmeric powder or saffron flowers to your recipe. Make sure not to add too much, as these spices might alter the smell of your bath bomb.

Green: Use spinach juice for green coloring. An alternative is to use liquid chlorophyll, which you can find at a health food store.

Blue and purple: Red cabbage is the best source of natural blue and purple coloring. For purple coloring, boil red cabbage until the water has a very concentrated, dark color. For blue coloring, boil some red cabbage, and then stir in small amounts of baking soda.

Using your bath bombs

The next time you want to have a relaxing and rejuvenating bath, pop in one of your handmade bath bombs! When you do so, the bath bomb will make your bath water wonderfully fizzy and effervescent. Make sure to use your bath bombs within six months of making them.

Slippery bath warning: As essential oils are in the following bath bomb recipes, it is possible that your bath will be more slippery than usual.

Aromatherapy Bath Bomb Recipes by Mood

Cheerful: Recipes for Happiness

In today's stressful world, many of us feel a bit discouraged and depressed at the end of a long day. You feel the need for a "pick me up", but you can't think of anything that would really help you. Try one of the following aromatherapy cheerful bath bomb recipes to help you get happy!

Happiness Recipe 1: Sunshine and Happiness Bath Bomb

This recipe harnesses the aromatherapy power of lemon and jasmine to brighten your day! The ingredients below could yield about five bath bombs (depending on the size of your moulds).

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of Dead Sea salts, Epsom salts, or any other bath or mineral salt
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Lemon essential oil
Jasmine essential oil
Vitamin E oil (optional)

Coloring ingredients:

Yellow natural food coloring (see our natural food coloring information on pages 3 and 4 for details)

Other things you will need:

Measuring cup
Food preparation gloves (for hygiene)
Glass mixing bowl
Whisk
Molds
Spray bottle

Instructions

1. Combine your baking soda, citric acid powder, and salts in a glass bowl, with a whisk.

2. Slowly spray and mix in small amounts of witch hazel, until the mixture reaches the consistency of damp sand.

3. Add in several drops of lemon essential oil.

4. Add in a few drops of jasmine essential oil.

5. Add in more lemon and/or jasmine as per your own personal preference. Use whisk to blend.

6. Slowly add in tiny amounts turmeric or saffron flowers for a soft and natural yellow color. This should take very little, as these spices are very strongly pigmented. Make sure not to put in too much, as you might alter the smell of the bath bomb.

7. Make sure that the mixture is sticky enough to stick together when you mold it in your hand (you should be wearing food preparation gloves), but not so wet as to be more moist than damp, clumpy sand.

8. Ensure there are no clumps in the mixture. Use your whisk and gloved hands to get rid of clumps.

9. Pack your mixture into the molds.

10. Wait for your molds to set, and then take out your bath bombs.

Happiness Recipe 2: Rose and Lavender Garden Bath Bomb

This rose and lavender garden bath bomb will make you feel like you have been transported to a beautiful English garden. How could anyone not be cheerful surrounded by so much loveliness? The ingredients below will probably yield around five bath bombs, depending on the size of your moulds.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of bath salts (such as Dead Sea salts or Epsom salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Rose essential oil
Lavender essential oil
Witch hazel in a spray bottle

Coloring ingredients:

Red or purple natural food coloring (see our instructions on page 4 of this book for instructions)

Instructions

1. Combine all your dry ingredients (the baking soda, citric acid, and salts) in a glass bowl with a whisk.

2. Slowly add witch hazel using the spray bottle while mixing with the whisk, until the mixture reaches the consistency of damp sand.

3. Add in several drops of rose essential oil (decide on how many based on your personal preference).

4. Add in several drops of lavender essential oil (decide on how many based on your personal preference).

5. Slowly add in your red or purple food coloring (see instructions on page 4 for how to make this), stirring it in with the whisk.

6. If the mixture is still too crumbly to stick together when molded in your hand (make sure you are wearing food preparation gloves), slowly stir in more witch hazel.

7. Ensure that there are no clumps in your mixture. Use your whisk and your hands to do this (while wearing your food preparation gloves).

8. Tightly pack your mixture into the molds.

9. Wait for your mixture to set in the molds, and then carefully remove your bath bombs.

Happiness Recipe 3: Creamsicle Bath Bomb

Eating a delicious creamsicle on a warm summer day is a wonderful childhood memory for many of us! Relive the smell and texture of the creamsicle with this happy creamsicle bath bomb recipe, using vanilla and orange essential oils.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of bath salts
Half a cup of coconut milk powder

Wet ingredients:

8 drops of vitamin e oil
A tablespoon of honey
Witch hazel in a spray bottle
Vanilla essential oil
Orange essential oil

Coloring ingredients:

Orange natural food coloring (see natural food coloring instructions on pages 3 and 4)

Instructions

1. In a large mixing bowl, mix together your dry ingredients in a glass bowl, using a whisk.

2. In a small mixing bowl, mix together the vitamin e oil, honey, and a small amount of witch hazel, using a whisk.

3. Slowly place the wet ingredients into the large mixing bowl, with the dry ingredients, while stirring with a whisk.

4. Spray a small amount of witch hazel into the mixture.

4. Add several drops of vanilla essential oil to the mixture. The number of drops depends on your personal preference.

5. Add several drops of orange essential oil to the mixture. The number of drops depends on your personal preference.

6. Slowly add in small amounts of orange food coloring. The amount you use will depend on your personal preference.

7. Use the whisk and your hands to ensure there are no clumps in the mixture.

8. If you find that your mixture is too crumbly and dry to put in the molds, spray it with more witch hazel. If you find that it is too wet, add more of the dry ingredients. Remember that you need to achieve the texture of damp sand.

9. Tightly pack your mixture into the molds.

10. Wait for the mixture to set, and then gently release your bath bombs.

Peaceful: Recipes for Anxiety Relief

You are feeling anxious and overwhelmed by the worries and concerns of life, and you are searching for something that will ease you into a sense of peace. Try these bath bomb recipes for a truly and lastingly peaceful mood.

Peaceful Recipe 1: Forest Oasis Bath Bomb

This recipe includes the deep, woody scents of sandalwood and frankincense essential oils. The richness and subtle sweetness of sandalwood blends wonderfully with the fresh spiciness of frankincense.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Sandalwood essential oil
Frankincense essential oil

Coloring ingredients:

Green natural food coloring (see our instructions on pages 3 and 4 on how to make this)

Instructions

1. Combine all the dry ingredients in the large glass bowl with a whisk.

2. Spray the mixture with witch hazel and mix it in until the mixture is almost the consistency of damp sand.

3. Add several drops of sandalwood essential oil. The number of drops depends on your preference.

4. Add several drops of frankincense essential oil. The number of drops depends on your preference.

5. Slowly add small amounts of green natural food coloring (see instructions on pages 3 and 4 for how to make this). Keep adding it and stirring with the whisk until you reach the color you desire.

6. If the mixture is not yet the consistency of damp sand and is too crumbly to set in the molds, spray it with a little more witch hazel.

7. Tightly pack the mixture into the molds.

8. After the mixture has set, gently release your bath bombs.

Peaceful Recipe 2: Exotic Chamomile Bath Bomb

Combine the sweet floral and fruity scent of ylang ylang with the mild, ethereal scent of chamomile for a truly peace-inspiring bath bomb experience.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of Dead Sea Salts (or other bath salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Ylang ylang essential oil
Chamomile essential oil

Coloring ingredients:

Pink natural food coloring (see instructions on pages 3 and 4 for information on how to make this)

Instructions

1. Combine all dry ingredients in mixing bowl with whisk.

2. Spray mixture with witch hazel until the mixture is almost the consistency of damp sand.

3. Add several drops of ylang ylang essential oil. The number of drops you add should be in accordance with your personal taste.

4. Add several drops of chamomile essential oil. There should probably be a little more chamomile added than ylang ylang.

5. Slowly mix in pink natural food coloring. Remember that you want these bath bombs to be a very pale, soft pink rather than red, so make sure you do not add too much!

6. Use the whisk and your hands (wearing gloves) to eliminate all clumps in the mixture.

7. If the mixture is not yet the texture of damp sand, spray a bit more witch hazel into the mixture.

8. Tightly pack the mixture into your molds.

9. Once the molds have set, gently release your bath bombs.

Peaceful Recipe 3: Lavender and Vanilla Milk Bath

This recipe combines the classic fragrances of lavender and vanilla into a decadent and relaxing milk bath experience.

Dry ingredients:

Two cups of baking soda
One cup of citric acid powder
One and a half cups of coconut milk powder

Wet ingredients:

Distilled water and/or witch hazel in a spray bottle
7 or 8 drops of Vitamin E oil
A tablespoon of honey
Lavender essential oil
Vanilla essential oil

Coloring ingredients:

Blue natural food coloring (see pages 3 and 4 for instructions on how to make this)

Instructions

1. Mix all the dry ingredients together in the large mixing bowl with a whisk.

2. Mix the vitamin e oil and honey, as well as a small amount of witch hazel, in the small mixing bowl with the whisk.

3. Slowly whisk in the wet mixture to the dry mixture, taking care to eliminate any clumps.

4. Add several drops of lavender essential oil to the mixture. The number of drops is really a matter of taste.

5. Add several drops of vanilla essential oil to the mixture. The number of drops is really a matter of taste.

6. Slowly add small amounts of blue natural food coloring, until you reach the color you desire.

7. If the mixture is not yet the texture of damp sand and is too dry and crumbly, spray it with more witch hazel. If on the contrary the mixture is too wet, add more of the dry ingredients.

8. Use the whisk and your hands to eliminate all clumps.

9. Tightly pack the mixture into the molds.

10. Once the mixture has set in the molds, gently release your bath bombs.

Consolation: Recipes for Sadness

Are you going through a sad and difficult time in your time, and looking for some comfort? These bath bombs recipes will help to soothe your sadness and console you.

Consolation Recipe 1: Jasmine Dreams Bath Bomb

This recipe combining the exotic and soothing power of jasmine with the mild comfort of chamomile will soothe and console you.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Two tablespoons of honey
Jasmine essential oil
Chamomile essential oil

Coloring ingredients:

Pink natural food coloring (see pages 3 and 4 for instructions on how to make this natural food coloring)

Instructions

1. Combine all dry ingredients in a large glass mixing bowl with a whisk.

2. In a small glass bowl, mix the honey with a small amount of witch hazel with a whisk.

3. Add the wet mix to the dry mix slowly, stirring with the whisk.

4. Spray the mixture with witch hazel until it is almost the texture of damp sand.

5. Add several drops of jasmine essential oil to the mix.

6. Add several drops of chamomile essential oil to the mix.

7. Smell the mixture, and add more of either or both essential oils if you wish.

8. Slowly add pink natural food coloring until you reach the shade you desire.

9. Use whisk and gloved hands to eliminate clumps in the mixture.

10. If the mixture is too crumbly to stick together, spray and stir more witch hazel into the mixture.

11. Tightly pack the mixture into the molds.

12. Once the mixture is set in the molds, gently release your bath bombs.

Consolation Recipe 2: Comfort and Warmth Bath Bomb

This recipe combining the essential oils of frankincense and rose will warm and comfort your senses.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid
A quarter cup of mineral or bath salts
Half a cup of coconut milk powder or honey powder

Wet ingredients:

7 or 8 drops of vitamin E oil
Witch hazel in a spray bottle
Frankincense essential oil
Rose essential oil

Coloring ingredients:

Red natural food coloring

Instructions

1. Mix all dry ingredients in a large glass bowl.

2. Spray the mixture with witch hazel and mix until it is almost the texture of damp sand.

3. Add 7 or 8 drops of vitamin E oil.

4. Add several drops of frankincense essential oil.

5. Add several drops of rose essential oil.

6. Slowly add red natural food coloring until you reach the shade you desire.

7. Spray the mixture with more witch hazel if necessary.

8. Use whisk and gloved hands to eliminate clumps.

9. Tightly pack the mixture into the molds.

10. Once the mixture is set, release the bath bombs from the molds.

Consolation Recipe 3: Herbal Hug Bath Bomb

This recipe combines the sweet freshness of bergamot with the calm warmth of clary sage.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Bergamot essential oil
Clary sage essential oil

Coloring ingredients:

Green natural food coloring (please see pages 3 and 4 for instructions)

Instructions

1. Combine all dry ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel while mixing with the whisk, until it is almost the texture of damp sand.

3. Add several drops of bergamot essential oil, according to personal preference.

4. Add several drops of clary sage essential oil, according to preference.

5. Slowly add green natural food coloring, stirring with the whisk. Stop when you reach the color you desire.

6. If the mixture is not yet the consistency of damp sand, spray it with more water and/or witch hazel.

7. Use whisk and hands to eliminate clumps.

8. Tightly pack the mixture in molds.

9. When mixture is set, release your bath bombs from the molds.

Rejuvenated: Recipes for Fatigue

Are you feeling tired, and having a hard time feeling energized enough to tackle your busy life? If so, these rejuvenating bath bomb recipes will help boost your energy!

Recipe for fatigue 1: Get Up and Go Bath Bomb

This recipe combines peppermint with the sweet, liquorice-like smell of basil essential oil.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Peppermint essential oil
Basil essential oil

Coloring ingredients:

Blue natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Combine all dry ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel and mix it in until the mixture is almost the texture of damp sand.

3. Add several drops of peppermint essential oil.

4. Add several drops of basil essential oil.

5. Slowly add in blue natural food coloring, until you reach the shade your desire.

6. Spray more water and/or witch hazel into the mix, until it is the consistency of damp sand and is able to stick together.

7. Use a whisk and your hands to eliminate any clumps.

8. Firmly pack the mixture into the molds.

9. Once the mixture has set, gently release the bath bombs from the

Rejuvenated Recipe 2: Pine Forest Bath Bomb

This rejuvenating bath bomb will make you feel you are exploring a magical forest.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Rosemary essential oil
Clary sage essential oil

Coloring ingredients:

Blue and green natural food coloring

Instructions

1. Mix all ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel and mix with the whisk until the mixture is almost the texture of damp sand.

3. Add and mix in several drops of rosemary essential oil.

4. Add and mix in several drops of clary sage essential oil.

5. Slowly add in blue and green food coloring, in equal amounts. Stop when you reach your desired color.

6. If necessary, spray the mixture with more witch hazel.

7. Use whisk and gloved hands to eliminate clumps.

8. Tightly pack the mixture into the molds.

9. Once the mixture is set, gently release the bath bombs.

Rejuvenated Recipe 3: Ginger Spice Bath Bomb

This bath bomb combines the spicy warmth of ginger with the rich earthiness of patchouli.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Ginger essential oil
Patchouli essential oil

Coloring ingredients:

Red natural food coloring

Instructions

1. Combine all dry ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel while stirring with the whisk, until it is almost the texture of damp sand.

3. Mix in several drops of ginger essential oil.

4. Mix in several drops of patchouli essential oil.

5. Slowly mix in red natural food coloring, until you reach the depth you prefer.

6. If necessary, spray and mix in more witch hazel.

7. Use a whisk and your hands to ensure that all clumps are eliminated.

8. Tightly pack the mixture into the molds.

9. Once the mixture has set in the molds, gently release the bath bombs.

Energized: Recipes for Motivation

If you feel lethargic and unmotivated, these energizing bath bombs are sure to make you bright-eyed and bushy-tailed!

Energized Recipe 1: Spiced Up Grapefruit Bath Bomb

This recipe combines spicy ginger and fresh grapefruit essential oils for a high-energy bath bomb experience.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Ginger essential oil
Grapefruit essential oil

Coloring ingredients:

Orange natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Combine all the dry ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel, mixing it in with a whisk as you do so. Continue adding and mixing until the mixture becomes almost the texture of damp sand.

3. Add and mix in several drops of grapefruit essential oil

4. Add and mix in several drops of ginger essential oil.

5. Slowly mix in orange natural food coloring until you reach the color you desire.

6. Spray the mixture with more witch hazel, if necessary.

7. Use the whisk and your gloved hands to eliminate all clumps in the mixture.

8. Tightly pack the mixture into the molds.

9. Once the mixture has set in the molds, gentle release the bath bombs.

Energized Recipe 2: Lemony Peppermint Bath Bomb

This lively recipe includes peppermint and lemon essential oil, and is sure to wake up your senses!

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in spray bottle
Peppermint essential oil
Lemon essential oil

Coloring ingredients:

Green natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Mix all dry ingredients together in a glass mixing bowl.

2. Spray the mixture with witch hazel until it is almost the consistency of damp sand.

3. Mix in several drops of lemon essential oil.

4. Mix in several drops of peppermint oil.

5. Slowly mix in green natural food coloring until you reach the shade you desire.

6. If necessary, spray the mixture with more witch hazel.

7. Use the whisk and your gloved hands to eliminate any clumps in the mixture.

8. Tightly pack the mixture into the molds.

9. Once the mixture is set in the molds, gently release the bath bombs.

Energized Recipe 3: Lemon with an Exotic Twist

This recipe mixes lemon and jasmine essential oils, creating an experience that is both enlivening and luxurious.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Lemon essential oil
Jasmine essential oil

Coloring ingredients:

Pink natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Combine all the dry ingredients in a glass mixing bowl.

2. Spray the mixture with witch hazel and mix until the mixture becomes almost the consistency of damp sand.

3. Add and mix in several drops of lemon essential oil. The number of drops depends on your own personal taste.

4. Add and mix in several drops of jasmine essential oil. The number of drops depends on your own personal taste.

5. Slowly add and mix in natural pink food coloring until you reach the shade you desire.

6. If necessary, spray the mixture with more witch hazel while mixing with the whisk until it reaches the consistency of damp sand.

7. With the whisk and your gloved hands, eliminate all clumps in the mixture.

8. Tightly pack the mixture in the molds.

9. Once the mixture has set in the molds, gently release the bath bombs.

Romantic: Recipes for Love

These enchanting and intoxicating recipes will infuse romance into all that is around you. Combinations of wonderfully aromatic essential oils ensure that your baths will be truly luxurious.

Romantic Recipe 1: Romantic Bouquet Bath Bomb

This recipe combines the wonderfully romantic fragrances of rose and jasmine essential oils.

Dry ingredients:

One cup of baking soda

Half a cup of citric acid powder
A quarter cup of bath or mineral salts
A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Rose essential oil
Jasmine essential oil

Coloring ingredients:

Red natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Mix all dry ingredients in a glass mixing bowl.

2. Spray and stir witch hazel into the mixture with a whisk. Stop when the mixture is almost the texture of damp sand.

3. Add and stir in several drops of rose essential oil. The number of drops depends on your personal preference.

4. Add and stir in several drops of jasmine essential oi. The number of drops depends on your personal preference.

5. Slowly add in small amounts of red natural food coloring, stirring with a whisk. Continue until you reached your desired shade.

6. If the mixture is not yet the consistency of damp sand and will not stick together properly, spray and stir more witch hazel into the mixture.

7. Use the whisk and your gloved hands to eliminate all clumps in the mixture.

8. Densely pack the mixture in the molds.

9. Once the mixture is set in the molds, gently release your bath bombs.

Romantic Recipe 2: Vintage Rose Bath Bomb

This recipe combines the sweetness of vanilla and sandalwood with the floral beauty of rose.

Dry ingredients:

Two cups of baking soda
One cup of citric acid powder
A quarter cup of mineral or bath salts (such as Dead Sea salts)

A quarter cup of honey powder
A quarter cup of coconut milk powder

Wet ingredients:

Witch hazel in a spray bottle
Sandalwood essential oil
Vanilla essential oil
Rose essential oil
Vitamin E oil

Coloring ingredients:

Red natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Mix together all the dry ingredients in a glass mixing bowl, with a whisk.

2. Spray the mixture with witch hazel, until it is almost the texture of damp sand.

3. Add and mix in several drops of sandalwood essential oil.

4. Add and mix in several drops of vanilla essential oil.

5. Add and mix in several drops of rose essential oil.

6. Add and mix in 7 or 8 drops of vitamin E oil.

7. Slowly mix in red natural food coloring, until you reach your desired shade.

8. If the mixture is not yet the consistency of damp sand, spray and mix more witch hazel into it.

9. Use the whisk and your gloved hands to eliminate any clumps.

10. Densely pack the mixture into the molds.

11. Once the mixture is set in the molds, gently release the bath bombs.

Romantic Recipe 3: Earth and Sky Bath Bomb

This recipe combines the dreamlike and romantic atmosphere created by exotic ylang ylang with the mossy earthiness of patchouli.

Dry ingredients:

One cup of baking soda
Half a cup of citric acid powder
A quarter cup of Dead Sea salts

A quarter cup of honey powder or cornstarch

Wet ingredients:

Witch hazel in a spray bottle
Ylang ylang essential oil
Patchouli essential oil

Coloring ingredient:

Blue natural food coloring (see pages 3 and 4 for instructions)

Instructions

1. Mix all the dry ingredients together in a glass mixing bowl.

2. Spray the mixture with witch hazel until its texture becomes almost similar to damp sand, and is able to stick together.

3. Add and mix in several drops of ylang ylang essential oil.

4. Add and mix in several drops of patchouli essential oil.

5. Slowly stir in blue natural food coloring until you reach the shade that you prefer.

6. If the mixture is not yet the consistency of damp sand, spray and mix in more witch hazel.

7. Use your whisk and gloved hands to eliminate any clumps in the mixture.

8. Densely pack the mixture into the molds.

9. Once the mixture is set in the molds, gently release your bath bombs.