

# Homemade Bath salts

These are simple to make as you only need two basic ingredients. Baths salts need to be kept in glass containers as they don't keep well in plastic ones,

You will need:

- An empty yoghurt pot
- Coarse sea salt crystals
- Essential oil of your choice
- Soap colourant (or you'll dye the water!)

Method:

Use the yoghurt pot to measure out the salt into a glass bowl. For each pot of salt you will need 5 drops of essential oil. If you want the salts to fizz, add a teaspoon of Epsom salts to each pot of coarse salt. If desired, add some soap colourant. Mix everything with a spoon and place in glass jars

# Perfumed Bath Bombs

A lovely gift or something to sell at the school fete

You will need:

- An empty yoghurt pot
- Plastic or silicone moulds
- Bicarbonate of Soda
- Citric Acid
- Essential oils
- Olive oil (or nut oil, but be allergy aware)

Method:

For each pot of bicarb you add half a pot of citric acid. Add essential oil to add fragrance—this is personal but start with just a few drops and build up. Add enough olive oil to make the mixture like damp sand and press into moulds. Leave overnight to harden. Cover with cellophane to keep.

# Peppermint Sugar Scrub

Another fabulous make that needs to be stored in a glass jar. Makes a slightly sticky mixture.

You will need:

- An empty yoghurt pot
- Granulated sugar
- Coconut oil (or olive oil for nut allergies)
- Peppermint essential oil
- Fruit juice to colour naturally

Method:

Empty 2 pots of sugar into a bowl and add 1/4 pot of oil. Mix well then add a few drops of peppermint oil (not too many) and mix this in as well. Finally, add a few tablespoons of fruit juice (a darker colour is best) - this adds a slight colour and adds to the fragrance.

# Jewelled lotion Bars

A mix of home made soap that looks and feels amazing. This takes two sessions.

You will need:

- Beeswax
- Cocoa Butter
- Olive Oil
- Soap colourant
- Plastic or silicone moulds

Method:

Session 1: Melt together equal quantities of the first three ingredients. This will need adult supervision. Once this is melted, mix well and add colourant, Pour into moulds and leave. Session 2: as before for basic recipe but do not add colourant. Cut coloured soap into small pieces. Pour uncoloured soap into moulds (cupcake moulds work well), decorate with coloured soap pieces and leave to set.