



1 cup citric acid
2 cups baking soda
4 tablespoons Redmond Clay
1/4 cup Epsom Salt
2 tablespoons oil (optional)
30 drops essential oil per cup of bath fizzy mix - optional
colorants - optional (beet powder, spirulina powder, turmeric, spices)
Witch Hazel in a squirt bottle
Molds

Mix together the citric acid, baking soda and clay. Sift out the clumps so it is nice and smooth, then add the Epsom salts and mix together well. Add oil and stir with hands until well combined, I used Calendula infused oil.

If adding a colorant, use about 2 teaspoons of powder per cup. Feel free to add more or less depending on the color you want. I find it easiest to just use my hands to mix everything up. Now add your essential oil, 30 drops or so per cup, depending on how strong you want them scented. Spray with witch hazel and mix until the moisture is just enough to allow the mix to clump when squeezed in a fist. Press into mold of choice firmly. Turn over to pop out onto a cutting board and let them sit overnight in a dry place to harden. Store in an airtight container until ready to use.