

Recipe Card

Sodium bicarbonate is a common household product that you might have used in baking to make cakes rise. It's often found in cleaning products too. Citric acid comes from citrus fruits (oranges, limes and lemons) and it's a common ingredient in foods which require additional acid in them, such as fizzy drinks. Neither of these chemicals is dangerous but we'll be wearing goggles as accidentally getting them in your eyes would sting – similar to lemon juice in your eyes!

When the two ingredients mix together with water there is a chemical reaction that gives off a gas (carbon dioxide) and this is what causes the fizz in the bathwater. This chemical reaction also causes a drop in temperature – feel your bowl as you mix the water in, it will feel colder. In making the bath bombs it's important to use a little water to help the dry powders stick together – however, add too much water and too much of the ingredients will start reacting causing a great big foamy mess that will be impossible to get into the bath bomb moulds. We add fragrance and colour to make the bath bomb smell nice and colour the bath water, but don't add too much colour else you might dye your skin when you come to use the bath bomb at home!

Bath Bomb Ingredients:

- **3 heaped tablespoons of Sodium Bicarbonate**
- **1 heaped tablespoon of Citric Acid**
- **2-3 drops of liquid, water-based colour**
- **5-10 drops of herbal fragrance**



Son of Groucho (2009) 'Da Bomb' Available at: <http://www.flickr.com/photos/sonofgroucho/3229749358/> under CC-BY.

1. Measure out the correct amounts of citric acid and sodium bicarbonate into your mixing bowl and mix together. Use the back of your spoon to crush any lumps.
2. Add your colouring and fragrance – this will cause some fizzing and may produce some more lumps. Crush these lumps using your spoon and mix the colour evenly throughout the mixture. Now add any petals or leaves to your bowl.
3. Start to add water to the mixture from a hand sprayer (like a gardener or hairdresser might use). Begin with 5 sprays and keep mixing and crushing any lumps that form.
4. Continue adding 2-3 sprays at a time and mixing until your mixture looks a bit like apple crumble. It should hold together when compressed.
5. Now you're ready to spoon your mixture into your bath bomb mould. Compress the mixture into the mould with the back of the spoon.
6. Leave to set for a minute then turn out onto the paper towel – you might want to give the back of the mould a light tap with your spoon to release it.
7. Leave to dry for another minute then slide into a bag and decorate with your sticker!