

## Bath Muffin Recipe

### Kit Contains:

- 600g Sodium
- 300g Citric
- 15ml Foam Concentrate
- 50g Shea Butter
- 2 x 5ml Fragrances
- 2 x bag of Petals
- 1 x bag of Rose Buds
- 2 x 10g colour Powders
- 15 x Muffin cases

### You Will Also Need:

- A large Bowl
- A baking Tray or Similar to set the muffins on while they dry/harden

### HOW TO MAKE THEM

- **MIX THE BASIC INGREDIENTS** - Put the bicarbonate of soda and the citric acid into the mixing bowl. You might need to sieve or break the mixture up if it's in lumps. Mix together until you have a consistent texture.
- **IF MAKING VARIOUS COLOURS OR FRAGRANCES – YOU WILL NEED MORE THAN ONE BOWL AND SHOULD DIVIDE THE MIXTURE NOW.**
- **ADD THE COLOURING** – Add the powdered colour a small amount at a time, until you have your desired colour.
- **ADD THE FRAGRANCE** – Add just a few drops of essential oil or a little more if using fragrance oil. Most essential or fragrance oils will not cause the mixture to fizz, but certain citrus oils may, so if this happens, mix in quickly and thoroughly.
- **PLEASE TAKE CARE WHEN USING ESSENTIAL OILS ESPECIALLY WITH CHILDREN.**

- **ADDING PETALS ETC** – You can put a small amount of petals in your Muffin Mix - Maybe a couple of Tablespoons depending on how flowery you like your baths.
- **ADDING THE FOAMING AGENT** - This is the tricky bit so a little at a time and working the mixture all the time, Drop about 1/3 of the foam concentrate into the mixture.
- **The Mixture will react to it immediately and puff up but keep mixing and adding the foam concentrate until most of the air has gone out of the mixture.**
- **You need to spoon the mixture into the muffin cases, now and you'll need to work quickly. Your cases need only to be filled about 2/3 full as the mixture will continue to rise.**
- **IF YOUR MUFFINS ARE STILL RISING DRAMATICALLY (ALTHOUGH A LITTLE IS DESIRED) YOU MIGHT NEED TO PUSH THE MIXTURE DOWN A BIT WITH THE BACK OF THE SPOON AND PUT A LITTLE MORE IN.**
- **FINISHING OFF** – Place the Muffin on a tray or baking sheet and try to leave them to dry and harden without disturbing them - Like a Soufflé they will collapse if they are knocked about.
- **HINTS & TIPS - TOO MUCH AIR IN THE MUFFINS WILL MAKE THEM MORE LIKELY TO COLLAPSE OR CRUMBLE - TOO LITTLE AIR WILL MAKE THEM MORE SOLID LIKE A BATH BOMB.**
- **DIRECTIONS FOR USE** – Take the Muffin out of the case and Drop into the bath as you are running your water.

**HAVE FUN!!!**

## IDEAS FOR MAKING BATH MUFFINS



### TWO-TONE MUFFINS

If you make 2 colours of the mix you can make your muffins look like little cupcakes with iced tops - this just involves spooning a lighter mixture on top. This is especially great if you fragrance each colour with a different scent.

### CHOCOLATE MUFFINS

Not everyone will like this idea but you could try making Chocolate scented Muffins and put Chocolate Chips in the mixture (not good for the kiddies as they might try to eat the chips...ewwww!). The Chocolate will melt in the bath and it's really good for your skin as well as smelling fab.



### 'ICED' MUFFINS

You can make 'iced' muffins by making up a little bath bomb mixture (with water or oil BUT NOT the foaming agent) and then putting it in an icing bag and swirling it on top of your muffins - let them dry for about an hour before you do this.



# How to Make Your Bath Muffins



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#### SAFETY INFORMATION:

**COLOUR POWDERS** - should be used as directed. If inhaled or ingested seek medical advice immediately.  
**FRAGRANCES** - No more than 5% of the liquid product. Use as directed. Keep out of reach of children.  
**ESSENTIAL OILS** - Are not recommended for Children & pregnant women. Use only as directed.  
**ALL INGREDIENTS:** Use only as directed. If irritation occurs seek medical advice immediately.