

Bath Creamer Recipe

YOU WILL NEED

- 1) An Estheticals Kit
- 2) A large mixing bowl
- 3) A Pan to melt the Cocoa/Shea Butter
- 4) Kitchen scales (if you intend to keep some mixture for later)
- 5) Some space to leave the bombs to set.

HOW TO MAKE THEM

- MIX THE BASIC INGREDIENTS - Put 300g of bicarbonate and 150g 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.
- MELT 10g of COCOA OR SHEA BUTTER – Cut the Butter into small pieces and place it in the pan. Heat the Butter until it is melted (although it doesn't matter if there are still some solid bits). You can add 10mls of Oil (Jojoba, Almond etc) if you wish.
- COLOURING THE MIXTURE - using powdered colour simply add a small amount at a time to the dry mixture, until you have your desired colour (a little goes a long way and as the colour gets wet it will deepen considerably - I advise you use a teaspoon to pick up just a little of the coloured powder).
- ADDING PETALS - If you want to put petals into your mixture you can add it to the dry mixture - this gives the best results. If you add too many petals the mixture might not stick together and your creamers will crumble - add just a few.

- ADD THE FRAGRANCE – Add a few drops of essential oil or a little more if using fragrance oil to the dry mixture and mix it in - breaking up any lumps of fragrance with the back of a spoon. PLEASE TAKE CARE WHEN USING ESSENTIAL OILS ESPECIALLY WITH CHILDREN
- MIXING THE BOMB MIXTURE - A little at a time and working the mixture all the time, add the melted Butter/Oil to the dry Bomb Mixture. Mix continuously to avoid the bomb mixture fizzing-up in the bowl. You may need a little more Oil or Butter but don't add too much or your creamers will crack and crumble.
- A BIT LIKE SNOW IT IS POWDERY UNTIL COMPACTED - THE MIXTURE SHOULD HOLD TOGETHER WHEN LIGHTLY SQUEEZED IN YOUR HAND.
- Press the mixture into the moulds or mould. If you are making round creamers and using a 2 part mould you should fill each half with mixture (more than full). Press the two halves together firmly, wait a few seconds (maybe count to 15) then very gently remove one half of the mould. Set the bomb on a dry clean surface and remove the other half of the mould. They usually come out easily but sometimes they need a tiny tap to release them. Be gentle with them at this stage, they are very fragile until they have hardened (about an hour, maybe 2).
- If using an ice cube tray as a mould it would be best to leave the creamers in the mould for a while - they will harden in the fridge or freezer and will be easier to de-mould.
- I USUALLY WRAP OR COVER THE CREAMERS TIGHTLY IN CLING FILM AND PLACE THEM IN THE FRIDGE FOR A FEW HOURS. THIS MAKES THE BUTTER SOLIDIFY WHICH HELPS STABILISE THE CREAMERS.
- Because of the butter it is normal for creamers to crack a little - this is often because the citric acid reacts to the oils - if you pack the mould tightly they shouldn't crumble.
- DIRECTIONS FOR USE – Drop the creamer into the bath as you are running your water. Bath creamers have the effect of softening the water and the oil will moisturise your skin.



How to Make Your Bath Creamers



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.