

Bath Melts 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 divide the mixture)

HOW TO MAKE THEM

- **MELTING THE BUTTERS** - Cut 50g Shea Butter and 100g Cocoa Butter into small pieces (about 1cm square) and place in the pan. If you want to use more of the ingredients just multiply the quantities by the amount required i.e 100g Cocoa Butter x 2 = 200g with 50g Shea Butter x 2 = 100g etc...
- Heat the Butter stirring and making sure it doesn't get over heated - like ordinary butter it can burn.
- Once Melted leave the butters to cool for a few minutes and add 20mls of Jojoba Oil (or 20mls of a mixture of oils).
- **IF MAKING VARIOUS FRAGRANCES – YOU WILL NEED MORE THAN ONE BOWL AND SHOULD DIVIDE THE MIXTURE NOW.**
- **ADDING PETALS** - If you want to put petals, seeds or herbs into your mixture you can add it now.
- **ADD THE FRAGRANCE** – Add a few drops of essential oil or a little more if using fragrance oil to the mixture.
- **PLEASE TAKE CARE WHEN USING ESSENTIAL OILS ESPECIALLY WITH CHILDREN & PREGNANT WOMEN.**
- **MAKING THE MELTS** - Once all the ingredients are mixed and fragranced how you want them, you need to pour the butters into the moulds - I use a tablespoon or very small ladle so as to avoid over filling & spilling the mixture.

CUSTOMISING YOUR MELTS

- **THE MIXTURE SHOULD HARDEN ON IT'S OWN BUT IF YOU PREFER YOU CAN POP THE FILLED MOULDS IN THE FRIDGE OR FREEZER TO QUICKEN THE PROCESS.**
- Once fully cooled the melts should pop out of the moulds easily - I advise storing the melts in the fridge, especially in very warm weather as they will melt slightly at room temperature.
- **ADDING PETALS ETC** – You can put a small amount of petals in the mould before filling it with mixture. This will ensure that the flowers are seen when you wrap the melts.
- You can also add the rose buds/stars to the top of the melts before they are fully solidified.
- Some people don't like pure butter melts because one tiny melt will produce quite a lot of oil in the bath. You can add 100 g of Sodium & 50 g of Citric Acid to produce a Fizzy Melt/Bath Creamer, the sodium will help disperse the oil. To do this you need to follow the recipe as normal, but, prior to pouring the mixture into the moulds, you will need to add it **SLOWLY** to your Bicarb/citric mix then stir vigorously before putting into the moulds - I cover my mould tightly with cling film and then place it in the freezer - this helps to stop the sodium/citric from fizzing up.
- **DIRECTIONS FOR USE** – Drop the melt into the bath as you are running your water - it will slowly melt leaving a rich, moisturising oil on the skin.

HAVE FUN!!!



How to Make Your Bath Melts



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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.