



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Lavender Bath Bombs MAKES _____

CATEGORY Bath PREP TIME 15 minutes COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 c	baking soda	2 tbsp	lavender infused oil
1/2 c	citric acid	if preferred	lavender EO
1/2 c	epsom salts	spray bottle	distilled water
1 tbsp	finely ground dried lavender buds		

Silicone Molds

DIRECTIONS

1. Using a coffee grinder or small food processor, pulse the lavender buds to a fine grind.
2. In a large bowl, whisk together baking soda, citric acid, epsom salts and ground lavender buds.
3. Add in the lavender infused oil, stir until evenly combined. If a stronger scent is desired add drops of lavender EO until desired scent is reached, careful no to add too much.
4. Using the spray bottle, spritz mixture with water a little at a time, stirring after each spritz until mixture is evenly moistened. Be careful not to spray too much at one time or your mixture will begin to fizz.
5. Continue to add moisture until the consistency of damp sand is reached, it should clump together and hold its shape when squeezed in your hand.
6. Transfer mixture to your silicone molds and tightly pack mixture down in each cavity.
7. Leave to harden over night. Once hardened, pop out to use right away or store for another day.

STORAGE

Will keep for at least 6 months in an air tight container stored in a cool, dry place.

MY NOTES
