

# Bath FIZZIES

## WHAT YOU WILL NEED

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup corn starch
- 1/4 cup oats
- 2 1/2 Tbsp Almond Carrier Oil
- 3/4 Tbsp purified water
- 1/2 tsp Sniffle Stopper
- 1/4 tsp Meadowfoam Carrier Oil
- 1/2 tsp Borax
- Witch hazel in a spray bottle
- Silicone molds

## WHAT YOU WILL DO

1. Ground up oats in a blender until the pieces are about a quarter of the original size.
2. Mix dry ingredients together until completely combined and smooth.
3. Whisk all wet ingredients and Borax together in a large bowl.
4. Slowly drizzle mixed wet ingredients onto the dry ingredients and blend thoroughly.
5. Mix with your hands until all of the ingredients are combined.
6. Lightly spray the mixture 2-3 times with witch hazel. The mixture should start to hold together when pressed in your hand like slightly moist fine sand. If it is not sticking together, spray a little more witch hazel.
7. Pack tightly into molds.
8. Let bath fizzies dry and harden overnight.
9. Add 1 bath fizzle to a warm bath and watch the excitement in your children as they see the fizzle start to fiz.

