



ENERGIZING SHOWER *discs*

WHAT YOU WILL NEED

- 1.5 cups Baking Soda
- 2 Tbsp Arrowroot Powder
- 2 Tbsp & 1 tsp water
- 50-100 drops essential oil
- Small glass bowl
- Silicon mold or small muffin tin
- Airtight storage container

WHAT YOU WILL DO

1. Pour the baking soda and arrowroot powder into a small glass bowl, add the essential oils. Use a fork to mix together and break up any lumps in the baking soda.
2. Sprinkle the water over the top of the baking soda and essential oil mixture and the fork to combine.
3. Firmly press the mixture into your molds. Let the shower disks dry overnight, then gently pop them out of the molds.
4. Store in an airtight container. To use, place one in the shower and enjoy the aroma. You want to put your shower disk where the water will just barely hit it, but not directly under the shower head.



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