



Sinus Relief Bath Bomb

Recipe makes approximately 5 large bath bombs.

Here's What You Need:
Ingredients

[Citric Acid](#)

[Baking Soda- Sodium Bicarbonate](#)

[Spearmint Leaf Cut & Sifted](#)

[Peppermint Leaf POWDER](#)

[CASTOR Oil- 16 oz.](#)

[Bentonite Clay Powder](#)

[OLIVE Oil- Pomace](#)

[Sinus Relief Fragrance Oil](#)

[Disposable Pipettes](#)

[8 oz. Clear PET Bullet Bottles](#)

[Black Fine Mist Sprayers 24/410](#)

Other Ingredients & Equipment You'll Need:

Scale

Witch Hazel (in spray bottle)

5- Clear Round Acrylic Fillable Ornaments-

3" diameter each

Mixing Bowls (3)



Here's How It's Done : Directions

Total Recipe Weights:

512 grams Citric Acid
1,120 grams Baking Soda
9 grams Bentonite Clay
1 gram Spearmint Leaf Cut & Sifted
3 grams Peppermint Leaf Powder
14 grams Castor Oil
10 grams Olive Oil
40 Drops Sinus Relief Fragrance Oil
Witch Hazel in a spray bottle

This recipe is best prepared in non-humid climates.

Clean & Sanitize your work area and all of your packaging materials. It is suggested that you wear gloves, protective clothing, and a hair net while preparing this recipe.

Step 1: Place witch hazel in a spray bottle. Set aside.

Step 2: Get out 3 bowls for mixing; 1 for mixing your dry ingredients, and 1 for mixing your wet ingredients. You will need the third bowl for the addition of the spearmint leaf and peppermint powder herbs. (Once you use plastic bowls that come into contact with fragrance oil, they should not be used for food contact ever again).

Step 3: Mix all of the following dry ingredients in 1 mixing bowl: 512 grams Citric Acid, 1,120 grams Baking Soda.

Step 4: To dry ingredient bowl, add 9 grams Bentonite Clay. Mix the bentonite clay in well if you want a uniform color. If you want your bath bombs to be speckled, sprinkle bentonite clay over the top of the dry ingredients and don't mix until after you have added the wet ingredients.

Step 5: In your wet ingredient bowl, mix the following together: 14 grams castor oil, 10 grams Olive Oil, and 40 drops of Sinus Relief Fragrance Oil.

Step 6: Slowly add the wet ingredients to the dry ingredients; mixing the ingredients together so that they are completely incorporated.



Here's How It's Done : Directions

Step 7: Now that your mixture is completely incorporated, divide it equally using the third bowl. Half of your mixture will stay in the original bowl, and half into another. To one bowl add 3 grams Peppermint Leaf Powder and mix. To the other bowl, add 1 gram of Spearmint Leaf c/s. Mix.

Step 8: Slowly spray one mixture with witch hazel, mix mixture, and continue spritzing with witch hazel until the mixture feels like crumbly dough in your hands. Please be very careful not to spray too much witch hazel into your mixture or it will activate the citric acid.

Step 9: Press mixture into half of your fillable ornament and press firmly.

Step 10: Slowly spray the second bowl mixture with witch hazel, mix mixture, and continue spritzing with witch hazel until the mixture feels like crumbly dough in your hands. Once again, please be very careful not to spray too much witch hazel into your mixture or it will activate the citric acid.

Step 11: Press mixture into the other half of your fillable ornament and press firmly.

Step 12: Spritz both halves of the ornaments, then attach ornament halves together.

Step 13: Allow bath bombs to set up, then release them slowly from the mold.

Step 14: Use your bath bombs in the bathtub. They will create all kinds of fizzy fun!!
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