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## Bath Bombs



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## Synopsis

A warm, relaxing bath is the ultimate cozy treat for unwinding after a hard day, or when muscles ache, or when winter holds everything in its icy grip. Bath worshippers everywhere will love the 15 bath bomb recipes contained in this book; they will transform bath time from an enjoyable experience to one that is truly pampering. A bath bomb is made from just three main ingredients: citric acid, bicarbonate of soda and water, which are mixed together, molded and left to dry hard. When popped into a warm bath, the resulting â ^bombâ ™ fizzes and effervesces as it is immersed in the water, releasing any aromatic oils, herbs and butters you may have added to the mixture, and leaving the water fragrantly scented, soft and moisturizing.Â The easy-to-follow instructions in this book will show you how to make a variety of delightful, aromatic bath bombs. Weâ ™re sure you will enjoy making them and, more importantly, using them.

## Book Information

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## Customer Reviews

Elaine Stavert formed The Littlecote Soap Co. after a life-changing move from her television career in London to a farm in the beautiful Buckinghamshire countryside in England. With a keen interest in herbalism and aromatherapy, Stavert was soon developing a range of natural toiletries and bath products that were both kind to the skin and quintessentially English. Her passion for her products is evident in the pure and natural ingredients that are used in imaginative ways to produce traditional recipes with contemporary twists.

I admit I was hesitant to buy this book based on previous reviews. No one seemed really crazy about it, but I couldn't find too many other books specifically about making bath bombs, so I figured I would give it a chance. I am so glad I did! I am not quite sure what the other reviewers were looking for in this book, but I am a complete novice- I know NOTHING about making bath bombs or soaps of any kind. So I'm starting from scratch here. And for a complete newcomer like myself, I thought this book was perfect. Here's just SOME of what you'll see inside:-the book is visually pleasing; the pictures are really pretty and instructions with photos are step by step-a history of baths, bathing, perfumes, oils, including info about where all of these things come from and how one can craft their own scents with oils or herbs. There are even spots for you to write down what scent combinations you use if you planned on crafting your own-section by section description of what ingredients you'll need (along with pictures of what all of these things look like)-a section about what kinds of molds you can use, including great descriptions of easy household molds you can make or find yourself-a basic recipe for bath bombs and step by step instructions on how to make them (including trouble shooting section in case you screw up!)-a section on colors and what kind of coloring you can use in your bath bombs-about 30 basic bath bomb recipes (the whole back section of the book contains recipes which are perfect for the newbie like me. You can make bombs like "Snowtime," "TeaCakes," "South Pacific," "Mulled Wine," "Winter Warmer," etc. Each recipe has a photo of finished product, tells you exactly what ingredients you'll need, and suggestions of mold shapes). The recipes make such visually pleasing bath bombs that they look like they'd be great gifts, too.-there is a recipe guide in the back of the book and an index of everything you're looking for. Most importantly, there are listings of suppliers for the ingredients, which was very helpful to me, since I was clueless about everything. Most of the suppliers have online stores, as well.I haven't made my first bath bomb yet, but this book has set me up so well for it. I will post a follow-up review when I complete one of the recipes. In the meantime, if you're a novice like me and looking for a good step-by-step instruction book with beautiful photos and creative recipe ideas, then this is IT!! I chose to give it 4 stars instead of 5 because I haven't actually made the bath bombs yet to see how GOOD the recipes are, but I will come back and add more to my review soon!

I Like It! This book is an easy read and the recipes are good and easy. I liked the whole book, the chapters on the history of bathing were interesting. When you learn the basic recipe you can add what ever you choose (easy). Elaine has a lot of good ideas on molds and mixing your own scent and coloring, I use food coloring. I've made about twenty bath bombs and they all came out good. It get's COLD here in Ohio and the winters are long so I usually learn a new hobby during the winter,

a good time to curl up with a good book and learn something new. This is the best book on bath bombs that I've seen I'm surprised it doesn't have more reviews.

Overall this book is ok, but there are some useless sections (like a history of bathing that is neither complete, nor tied to the bath bomb) and it focuses more on additives and recipes than on instructions. The basic instructions lack some of the detail that I was looking for. Certain instructions that I was looking for more detail on were glossed over. Book also goes into detail about different fragrances, butters and oils, and while the descriptions of the items are nice to have, I don't find them particularly helpful. There are also a lot of "creative" recipes in the last half of the book which are ok but I'll admit I haven't tried any of them yet. It would be nice if there was a section that explained things from a chemistry standpoint as well. I guess my main complaint is that I can find info on shea butter and lavender oil anywhere online and the info is pretty consistent. In my search for bath bomb info, I have come across all sorts of info, instructions and recipes, but nothing that I could use as a consistent reference. I was hoping this would be it but unfortunately it's not. If you want a reference on oils and fragrances and some quirky (but fun-looking) recipes, this is a good book.

A bit more complex than I expected, but I have tried some of the recipes and like the activity. Fun to experiment. The author is very optimistic - the recipe works - bath bombs - big chunks - bath rocks, small chunks - pulverize and foaming bath dust. Enjoyable

This book is full of information about herbs, essential oils and how to mix fragrances. It is also full of history as well as recipes for bath bombs. Great pictures which makes a nice presentation.

this has a lot of information in it. It is fun and I am excited to be able to have what I need to be able to make my own bath bombs.

I like this book, is very informative and easy to follow. It was more than I expected. Nice pictures and many ideas. Thanks

The book was excellent it had everything I wanted to know about making bath bombs as well as numerous recipes for bath bombs and mini bombs for hands and feet only.

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