

DIY Menthol/Eucalyptus Bombs

Makes 5 -6 Bombs

1 cup baking soda

½ cup citric acid

3 T menthol crystals

20 drops eucalyptus essential oil

10 drops rosemary essential oil

About 1/8 cup witch hazel

1. Add baking soda and citric acid to a bowl and mix, breaking up any clumps. Set aside.
2. Add menthol crystals to the top of a double boiler and heat until crystals melt. Remove from heat.
3. Allow to cool slightly, then stir in essential oils.
4. Slowly pour melted mixture into dry ingredients while stirring.
5. Use a fork to thoroughly incorporate all ingredients and break up any clumps.
6. Fill a small spray bottle with about 1/8 cup of witch hazel and spray into mixture while continuing to mix with a fork. Add a little at a time, stopping just when the mixture clumps up.
7. Once it holds together on its own, scoop out a big handful and shape it into 5 or 6 balls. (I used jelly molds) Pack it well so that it won't crumble as it dries and gently flatten the bottom so they'll stay in one place in the shower.
8. Place on parchment paper to dry for 24 hours.
9. Store in a cool, dry place.

These shower bombs are not suitable for the bathtub

Simply drop in the shower and enjoy!