

## Bath Fizzies

### What you need:

Cupcake molds – silicone works best  
Water in a spray bottle  
Food Coloring – if you please  
Measuring tools – teaspoon and tablespoon  
Large bowl  
1 cup cream of tartar  
1 1/3 cups baking soda  
Two teaspoons of olive oil  
Essential oils of your choice



### Directions:

1. In large bowl, add two teaspoons of olive oil, 1 cup cream of tartar, 1 1/3 cups baking soda and only a FEW drops of essential oil of your choice.
2. Add at least 10 drops of food coloring to the bowl. Because of the ingredients, the color will be paler when absorbed into the powder.
3. With a spoon, mix all ingredients well.
4. Add a few sprays of water; you will see a reaction begin with your ingredients!
5. Your mixture should now feel like wet sand and less powdery. If the mixture is still powdery, you may spray some more water in until you get the desired texture.
6. Your mixture is now ready to put into your molds.
7. Leave your bath fizzes to dry for at least two days. Once they are dry, peel them out of the molds and use for your next bath!