

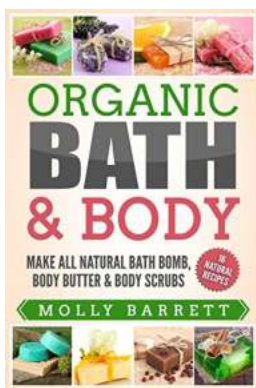
# Discover the Ultimate Guide to Making All Natural Bath Bomb Body Butter Body Scrubs You'll Love

Are you tired of using store-bought bath products filled with artificial ingredients and chemicals? Do you want to create your own all-natural bath bombs, body butter, and body scrubs that will not only leave your skin feeling amazing but also have a positive impact on your well-being? Look no further! In this comprehensive guide, we will walk you through the process of making all-natural bath bomb body butter body scrubs that will elevate your bath time rituals to a whole new level.

## The Benefits of All Natural Bath Bomb Body Butter Body Scrubs

Before we dive into the recipes, let's take a moment to uncover the numerous benefits of using all-natural bath bomb body butter body scrubs.

1. Skin Nourishment: Unlike commercial products, all-natural bath bombs, body butters, and scrubs are packed with essential oils, natural extracts, and moisturizing ingredients that deeply nourish and hydrate your skin.



## Organic Bath & Body: Make All Natural Bath Bomb, Body Butter & Body Scrubs

by Molly Barrett (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 5829 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 116 pages

Lending : Enabled



2. Gentle Exfoliation: Body scrubs gently remove dead skin cells, unclog pores, and promote healthy blood circulation, resulting in a smoother, brighter, and more youthful-looking complexion.

3. Aromatherapy: The heavenly scents from natural ingredients such as lavender, peppermint, and citrus can provide therapeutic effects, helping you relax, de-stress, and improve your mood.

4. Chemical-Free: By making your own all-natural bath products, you have complete control over the ingredients, ensuring that you avoid harmful chemicals that can irritate your skin or have negative health effects in the long run.

## **DIY All Natural Bath Bomb Recipe**

Let's kick off our journey by learning how to create your very own all-natural bath bombs. These fizzing spheres of relaxation will turn your bath into a luxurious spa experience in the comfort of your own home.

Ingredients:

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salt
- 1/2 cup cornstarch
- 2 1/2 tablespoons almond oil
- 1 tablespoon water

- 8-10 drops of your favorite essential oil(s)
- Natural food coloring (optional)

Instructions:

1. In a large mixing bowl, combine the baking soda, citric acid, Epsom salt, and cornstarch. Mix well.
2. In a separate container, combine the almond oil, water, essential oils, and natural food coloring (if desired).
3. Slowly add the liquid mixture to the dry mixture while stirring continuously. Be careful not to add the liquid too quickly, as it may cause the mixture to start fizzing prematurely.
4. Once all the ingredients are well combined and the mixture holds its shape when squeezed together, it is ready to be molded.
5. Lightly grease your bath bomb molds or use your hands to shape the mixture into balls or any other desired shape.
6. Allow the bath bombs to dry and harden for at least 24 hours before using.

Your DIY all-natural bath bombs are now ready to transform your bath into a spa-like oasis. Simply drop one into a tub of warm water and watch it fizz, releasing an enchanting aroma and nourishing properties for your skin.

## **Indulge in Homemade Body Butter**

If you want to take your skincare routine to the next level, homemade body butter is the way to go. It's incredibly moisturizing, smells divine, and is a luxurious treat

for your skin.

Ingredients:

- 1 cup shea butter
- 1/2 cup cocoa butter
- 1/2 cup coconut oil
- 1/2 cup almond oil
- 10-15 drops of your favorite essential oil(s)

Instructions:

1. In a double boiler or a heatproof bowl placed over a pot with simmering water, melt the shea butter, cocoa butter, coconut oil, and almond oil together.
2. Once everything has melted, remove the mixture from heat and let it cool for a few minutes before refrigerating for about an hour or until it partially solidifies.
3. Add the essential oils to the partially solidified mixture and use a hand mixer or stand mixer to whip it until fluffy and smooth.
4. Transfer the body butter into clean glass jars or containers and store them in a cool place.

Apply this luscious body butter generously to your skin after a bath or shower to lock in moisture and enjoy the blissful aroma of natural ingredients.

**Revitalize with Homemade Body Scrubs**

Finally, let's explore the world of homemade body scrubs, which will leave your skin feeling silky smooth, exfoliated, and rejuvenated.

### 1. Coffee and Brown Sugar Body Scrub:

- 1 cup ground coffee
- 1 cup brown sugar
- 1/2 cup coconut oil
- 1 tablespoon vanilla extract (optional)

Instructions:

Mix all the ingredients together until well combined. Gently massage the scrub onto your damp skin, focusing on rough areas, and rinse off with warm water. The caffeine in the coffee helps stimulate blood flow, reducing the appearance of cellulite, while the brown sugar acts as a natural exfoliant for smooth skin.

### 2. Lemon and Honey Body Scrub:

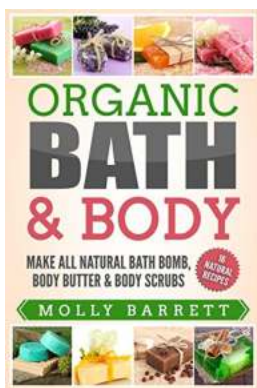
- 1 cup granulated sugar
- 1/4 cup coconut oil
- Zest of 1 lemon
- 2 tablespoons honey

Instructions:

Mix all the ingredients together until well combined. Gently massage the scrub onto your damp skin, allowing the lemon zest to invigorate your senses while the

coconut oil and honey moisturize and cleanse your skin.

By incorporating all-natural bath bomb body butter body scrubs into your self-care routine, you create an opportunity to not only pamper your skin but also indulge in moments of relaxation and rejuvenation. With these simple and effective recipes, you can personalize your bath time experience and transform it into a truly blissful ritual. Say goodbye to harsh chemicals and artificial ingredients – embrace the power of nature and give your skin the care it deserves.



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□Easy DIY Bath Bombs, Body Butter & Body Scrub□

Are you the type of person who's serious about feeding your family organic meals?

Do you make special trips to the different area grocery stores and local farmer's markets to ensure that everything your family eats is free of carcinogens and other health-threatening synthetic substances?

That's great! So why do you settle for buying bath products that are loaded with additives that are known to potentially cause health problems to raise the odds of you and your family members eventually developing serious diseases, illnesses and disorders?

There are better alternatives! Let me show you how!

This book is a result of my friends begging me to put my expertise and my recipes on paper. I share these with you because of my intention that every family should have an alternative to bath products that may have less-than-healthy ingredients.

**YOU** can take action!

Several years ago, I was where you stand right now. Looking back, I call it my fork-in-the-road moment. It was the moment I decided to take action against what I had been railing about and take on, in my own small way, the giant manufacturers of these products.

Today I make all the body bombs my family uses – and I give even more away as gifts. So many of my friends have been really supportive. I'm even considering selling them at local craft festivals and online. Oh, I'm not out to earn a fistful of money with these products, although you could very easily. No, for me, it's more about ensuring that consumers are aware of the possible dangers of store-bought ones.

Bath bombs make great gifts!

I also make body butter for just about every member of the family and body scrubs, or exfoliates, that slough off extra dead skin cells and allow the new ones

to grow healthier and more radiant.

In my book, you will learn:

- The Ingredients & Equipment You'll Need for Bath Bombs
- All About Colorings, Scents, and "Accessories"
- Resolving Common Issues
- 6 Fun and Unique Bath Bomb Recipes
- What Makes Body Butter Different?
- Benefits of Body Butter
- Making Organic Body Butter with Ingredients and Equipment
- 7 Soothing and Luxurious Body Butter Recipes
- The Benefits of Body Scrub
- How to Make Natural Body Scrub
- 3 Exfoliating, Natural Body Scrub Recipes

Here is one of my favorite recipes from this book:

### Simple Whipped Body Butter

#### Ingredients

1 cup coconut oil

1 teaspoon vitamin E oil

A few drops of essential oil for fragrance



## Directions

1. Put all the ingredients into a large bowl. Don't melt the coconut oil, just place it in the bowl with the other ingredients. Mix all of this on high speed with a wire whisk for a minimum of six minutes or until the ingredients have assumed a light and airy consistency.

2. Spoon the body butter into a glass jar. Cover securely. Store it at room temperature or, if you'd like, you could refrigerate it. You may want to do the latter if you either live in a warmer climate or in summer.

I am a big believer in making your own bath products. I think that everyone should be doing it, and you should, too! Click [BUY NOW](#) to add this title to your cart so you can start TODAY!

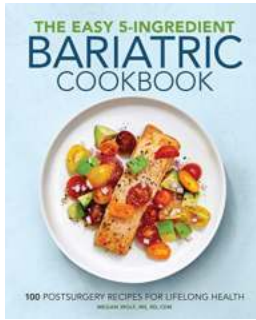
Praise for Molly Barrett:

"Molly's depth of knowledge is great! I have all of her books!" – Sara D., Home Vlogger



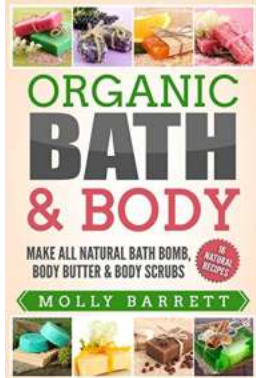
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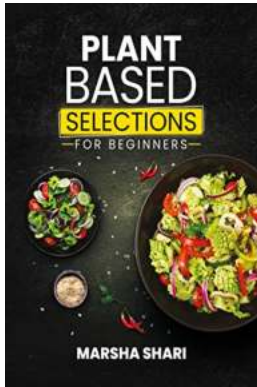
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