



CANADA
4-H Saskatchewan

Exploring 4-H at Home

Leader appreciation week



HEAD

This week, we are dedicating our time to activities that you can do for your leader!



HEART

Activity: Make a bath bomb and gift package



HANDS



HEALTH



Bath Bombs

Supplies

- 1 cup baking soda
- ½ cup citric acid*
- 1 cup Epsom Salt
- 2 Tablespoons coconut oil
- 1 teaspoon water**
- 10-20 drops essential oil
- Prizes to go inside (optional)

**Anything acidic can damage some countertops, especially marble, so be careful*

***Do not use more than 1 tsp water or it will cause your bath bombs to melt*

Instructions

1. In a large bowl whisk together the baking soda, Epsom Salt, and citric acid.
2. In a separate small bowl combine the melted coconut oil, water and essential oils.
3. While continuously whisking, very slowly drizzle the liquid ingredients into the dry ingredients until well combined. The outcome (as pictured below) should be similar to a dry, crumbly sand and should not be a "wet" consistency. Warning: If mixture gets too wet it will activate the fizzy part of the bath bomb too soon!
4. TIGHTLY pack the mixture into each side of the mold then press the two sides together. Ideally let it stay in the mold overnight, then lightly tap around the mold with a spoon to very carefully open and remove bath bomb. Finished product will still be somewhat fragile, so be careful!

Don't have the materials to make bath bombs? Now worries!

Get to know your leaders likes! Thank them with a gift – this can be local products or handmade items.

- You can send them a package made of local ingredients from a local store
- You can send them a gift certificate from one of their favourite spots.
- You can make some goodies for them to enjoy and give it to them at a later date.
 - Example: A bouquet of flowers, a colouring sheet, a candle, bath bomb and spa head band. All of these goodies are for a fun spa day at home.