









SODA BATH FIZZ



by Liss Burnell, & Budget101.com ©2003 

You'll need the Following:

-  1 1/3 c. Epsom Salts or Sea Salts
-  1 1/3 c. Baking Soda
-  1/2 c. Powdered Milk
-  1/2 c. citric acid powder (I purchase this in bulk at walmart in the pharmacy section or at health food stores in the beer/wine making section)
-  20 Oz. Plastic Soda or Water Bottle, washed out & Dried thoroughly (or 24 oz and add 2 T. More powdered milk)
-  10-15 drops of Vanilla Essential Oil Or Essential oil of your choice (Please note, Fragrance oils Can't be used, but they tend to irritate sensitive skin. Essential oils are pure & less likely to irritate or cause reaction.)

Now.. How to Make Them!



In a large bowl combine the salts & baking soda, stirring thoroughly. Carefully add in the powdered milk, squishing it through your hands or sifting it to break up any lumps.

Next, add your essential oils for your desired fragrance (see [list of ideas below!](#)), and blend well. Finally, add your citric acid, and mix it in



(if children are making these, be sure they wash their hands immediately following this step.) Next, Roll a piece of paper into a cone shape to use as a funnel & pour the bath fizz gently into the bottle, capping it off tightly.

Now.. It's time to decorate your ...

SODA BATH FIZZ.



<—(This is a view of what your fizz can do!)

You can decorate your bottle several ways.... by adding a strip of paper (printed on your computer) as a label, or with pretty ribbons. Let your imagination run wild as you design a "soda".



"Flavors"

- **Cream Soda Fizz:** Vanilla Essential Oil
- **Cherry Vanilla Fizz:** simply add 2 pkgs of unsweetened Cherry Kool-aid to the above recipe The color will be a very light pink, and smell delicious!
- **Ginger-Ale :** Omit Vanilla Essential oil & add 10 drops Ginger Essential Oil & a couple sma slices of dried ginger root if desired. "Ginger Ale Fizz - soak out whatever "ales" you."
- **Tropical Paradise:** add 2 pkgs tropical punch kool-aid
- **Grape Soda Fizz:** Omit Essential Oil & add 2 pkgs Grape Kool-aid

Attach a Tag:

- I'd "Soda" like to wish you a Merry Christmas!
- Add a couple Tablespoons to a full tub, It's Soda-lightful!
- We're Soda-Lighted to wish you a Happy Holiday

OR

Download Pre-made Labels! Directions for Labels: Each sheet prints 3 labels, lengthwise. Simply Cut the label, wrap around your bottle & voila! (pre-made Labels are designed for 24 Oz. water bottles)

-  [Orange Soda Fizz](#)
-  [Grape Soda Fizz](#)
-  [Tropical Paradise Fizz](#)
-  [Cherry Vanilla Soda Fizz](#)

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