

Calming & Moisturizing Adaptiv Bath Bomb Recipe

Ingredients:

1 cup baking soda

1 cup cornstarch or arrowroot powder

1 cup citric acid, blended

1/2 cup coconut oil, melted

35-40 drops doTERRA Adaptiv essential oil (shop oils)

3 Tbs dried lavender leaves (optional)

Bath bomb molds

Directions: Briefly pulse citric acid in a blender to create a finer powder (optional but creates a less crumbly, sturdy bath bomb). Mix baking soda, cornstarch (or arrowroot), and blended citric acid in a bowl. In a smaller bowl, mix melted coconut oil and essential oil. Mix oil mixture into powdered mixture until well combined. Add optional dried lavender leaves (looks beautiful but needs to be strained from bathwater). Firmly pack mixture into molds. Remove immediately from molds and set on plate to dry for 24 hours before storing. Store in airtight container or wrap in plastic wrap followed by tissue paper for gifting. Drop one bath bomb into bathwater for a relaxing experience. Makes 4-5 bath bombs using these molds.

Bath Bomb Video tutorial [here](#).