



# nAMI Walks

## YOUR WAY

## Crafty Saturday



### DIY Spa Bath Bombs

If one of the ways you relax is drawing yourself a warm bath, here's a fun craft to try. These DIY bath bombs also make great gifts.

- 8 oz. baking soda
- 4 oz Epsom salt
- 4 oz cornstarch
- 4 oz citric acid
- 2 1/2 tbsp coconut oil (could also use almond or olive oil)
- 3/4 tbsp water
- OPTIONAL: drops of essential oil for scent, food coloring.
- Molds

In a large bowl, mix all of the dry ingredients together and put aside. In a cup, mix together the wet ingredients. This is the point where you would include the essential oils or food coloring.

The next step is important. Add the wet ingredients to the dry, but do this very slowly, adding just a few drops at a time while mixing. This is because the citric acid is what causes the bath bombs to fizz when it comes into contact with water. Mixing the ingredients slowly minimizes the reaction, allowing you to create the bath bombs.

Press the mixture tightly into your molds. Let dry for about 5-10 minutes and remove from the mold. Place on parchment paper and let it sit for another 24 hours. Then enjoy!

Don't have bath bomb molds? Not a problem. [Here are some household items that make great substitutes.](#)

### NAMI Vermont Minute:

NAMI Vermont relies on the support of our community to help us provide FREE programs and resources to Vermonters. Did you know that your talents and areas of interest can actually help us raise the funds needed? **It's called DIY Fundraising!** This is a small fundraiser that you plan with proceeds going to NAMI Vermont. And the sky is the limit when it comes to ideas for do-it-yourself fundraisers! Have a yard sale, sell baked goods or homemade craft items, encourage people to donate to NAMI Vermont in lieu of gifts for your birthday, ask a local store to put a spare change jar at the cash register for NAMI Vermont. This can be something you do on your own or something you plan with others. If you need ideas or want more information, email [info@namivt.org](mailto:info@namivt.org) or call 802-876-7949.