

FORMULATION OF THE MONTH

Elara Bath Bombs



Using Elara™ colorants, we have created a fizzing bath bomb! Our bath bomb is not only appealing to the eye, but it also has some great benefits for your skin. This formula includes coconut oil, which has some great properties including hydrating, soothing, protecting the skin and helping reduce inflammation. It also gives a great natural scent. This formula also includes Epsom salts, which are used because they help stabilize moods and relieve stress. The main usages would be due to the muscle relaxation and pain-relieving properties. One other key ingredient would be essential oils. Essential oils are a great way to spice up this formulation. Not only do they smell great, but they also have aromatherapy properties. Some commonly used scents can be found below with their benefits!

Start by finely grounding all dry ingredients if necessary, using a mortar and pestle. Mix all dry ingredients together (sodium bicarbonate, citric acid, cornstarch, and Epsom salt). Stir all dry ingredients by hand or using mortar and pestle/food processor/blender. Can either add color in now or after addition of liquid ingredients.

Add in the liquid (wet) ingredients (coconut oil, polysorbate 80, essential oils) one at a time and mix. NOTE: Amount of liquids may need to be adjusted, depending on consistency you're looking for. Separate batches to add color if doing multiple colors. When adding in the color here we recommend using a mortar and pestle to mix.

Form into a ball to test consistency. If cracking occurs add more liquid ingredients. Once at a good consistency place into mold of choice and let sit, can also place in the fridge to help settle. Store in container of choice.

NOTE: Coconut oil hardens at room temperature but turns to a liquid at body temperature. This bath bomb should be stored somewhere that does not get a lot of heat, or else it will lose its form. It is heat sensitive.

Ingredients	Use/Benefits
Peppermint Oil	Helps with headache relief, muscle pain, joint pain, nausea and more.
Lavender Oil	Helps with a restful sleep, mood improvement and helps soothe the skin.
Eucalyptus Oil	Helps with headache tension, relieving pain and improving respiratory problems.
Lemongrass Oil	Helps with anti-inflammatory, mental cleansing, relieving stress
Orange Oil	Helps cause a calming, and uplifting lifestyle. Can also help with anti-inflammatory properties.
Teatree Oil	Helps act as a natural deodorizer and can also help with wounds/cuts on the skin.

Ingredient	INCI Name	Quantity	Supplier
Baking Soda	Sodium Bicarbonate	30%	Arm & Hammer
Epsom Salt	Magnesium Sulfate	25%	Jedwards International Inc.
Citric Acid	Citric Acid	15%	Making Cosmetics
Corn Starch	Zea Mays (corn starch)	11%	Assi
Coconut Oil	Cocos Nucifera (Coconut) Oil	10%	Simply Nature
Polysorbate 80	Polysorbate 80	6%	Making Cosmetics
Colorant	Elara™	1.5-2%	DayGlo Color Corp
Essential Oils	Lavender Oil	0.5-1%	Cliganic

Color Blends:

Green: 80% EL-17 Saturn Yellow® and 20% EL-37 Horizon Blue™ (Ex.) for a 50 g batch use 0.80g yellow and 0.20g blue.

The other colors are not blended.

