



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

## Ingredients

- 2 cups baking soda
- 1 cup citric acid
- 1 cup cornstarch
- 2 tablespoons Epsom salt (for added firmness)
- Essential Oils (approx. 50 drops total)
- Binder (15 mL 91% isopropyl alcohol placed in spray bottle)

I used Eucalyptus, Peppermint, Lavender (small amount to balance) essential oils in the video. I also added dried lemongrass and lavender to the mix.

## Instructions

Combine Dry Ingredients. In a mixing bowl, whisk:

- Baking soda
- Citric acid
- Cornstarch
- Epsom salt

Break up any clumps completely.

Add Essential Oils: Slowly drip in essential oils while mixing continuously.

Goal: Even distribution without activating fizz.

Add Alcohol Binder: Lightly mist mixture with alcohol:

Spray, Mix, Spray, Mix

Repeat until texture resembles damp sand.

Correct consistency: Holds shape when squeezed. Not wet, Not actively fizzing.

Mold: Firmly press mixture into molds, you can use silicone, or, cupcake liners in a pan.

Pack tightly for durability.

Dry: Allow to dry 12–24 hours. Remove once fully hardened.

Store: Store in airtight container away from humidity.

Usage: Place steamer in shower away from direct water stream.

Steam + splashes activate fizz and release aroma.

**Cliganic**  
Organic Aromatherapy  
Essential Oils Gift Set (Top 8 -  
The Iconics), 100% Pure -...  
Assorted Pure, Undiluted  
0.16 Fl Oz (Pack of 8)  
4.6 ★★★★★ (18.8K)  
1K+ bought in past month  
**\$22.99** (\$17.96/fluid ounce)  
List: \$25.99  
Extra 15% off when you subscribe  
✓prime Tomorrow  
FREE delivery Tomorrow, Feb 22  
Organic content  
Featured by Amazon influencers

Add to cart

**Purchased 1 time**  
Citric Acid 2 LB Bag - 100%  
Pure, Food Grade & Non-GMO -  
Citric Acid Powder For...  
2 Pound (Pack of 1)  
Options: 3 sizes  
4.7 ★★★★★ (3.4K)  
**\$9.98** (\$0.31/ounce)  
✓prime Tomorrow  
FREE delivery Tomorrow, Feb 22

Add to cart

91% Rubbing Alcohol  
4.7 ★★★★★ (130)  
1K+ bought in past month  
**\$5.99** (\$0.37/fluid ounce)  
Typical: \$7.45  
FREE delivery Mon, Mar 2  
Or fastest delivery Feb 25 - 26  
FSA or HSA eligible

Add to cart

**Dr Teal's**  
Epsom Salt Magnesium Soak,  
Fragrance Free, 4 lbs  
Options: 3 sizes  
4.8 ★★★★★ (8.5K)  
20K+ bought in past month  
**\$4.97** (\$0.08/ounce)  
✓prime Tomorrow  
FREE delivery Tomorrow, Feb 22

Add to cart