

[Ebook pdf] Bath Bombs: Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health (Homemade Bath Bombs - Learn How to Create Instant Relaxation)

# **Bath Bombs: Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health (Homemade Bath Bombs - Learn How to Create Instant Relaxation)**

*Allison McBride*

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Allison McBride : Bath Bombs: Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health (Homemade Bath Bombs - Learn How to Create Instant Relaxation) before purchasing it in order to gage whether or not it would be worth my time, and all praised Bath Bombs: Super Easy

## Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health (Homemade Bath Bombs - Learn How to Create Instant Relaxation):

4 of 4 people found the following review helpful. 1 ratio of baking soda to citric acid (some people like a 3By Sunny BungalowDecent bomb book for beginners. Some concerns I had were1. Normally a 2:1 ratio of baking soda to citric acid (some people like a 3:1 ratio) is what is utilized when making bath bombs. Author had only 3 recipes in this book, and only one utilized 2:1 ratio. The other two were 1;1. Not sure how that would work out and they are temperamental enough without changing ratios.2. As I said above there are only three recipes. The author went into greater detail about aromatherapy than she did making bath bombs.3. Author recommends using food coloring. That is a recipe for disaster since it will color your tub and you will have to scrub the heck out of it.Overall I think the author should have put more effort into creating different types of bath bomb recipes. She could have also went into greater detail discussing the overall mixing procedure, which is the difficult part for novice bomb makers.7 of 8 people found the following review helpful. Some good ideas and some quibblesBy \_CustomerAuthor Allsion McBride's book Bath Bombs Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health offers some really good information on how to make homemade bath bombs. Where her book gets into trouble, at least with me, are the aromatherapy claims and the claim that homemade bath bombs could help eczema (Atopic dermatitis for example). I suspect there is little jury reviewed medical articles that state aromatherapy or scents will help improve any health condition. Also, anyone who suffers from eczema knows to never, ever use scented bath products, and I suspect bath bombs would fall into the category of scented bath products. Eczema patients are normally instructed to AVOID perfumes and to use unscented bath products such as Aveeno or Cetaphil. If you are healthy and wish to luxuriate in the use of bath bombs, McBride's book offers up a small but varied selection of bath bomb "recipes" to try. Some of the recipes she offers include:How to Make a Basic Bath BombCoconut (Bath) BombsThere is an interactive table of contents making navigation easy.Recommend with caveats given.1 of 1 people found the following review helpful. Glad it was freeBy pangea52The author is obviously passionate about bath bombs and eager to share. It took a lot of words and poorly constructed sentences to say what could have been said in a lot less space. As an avid reader I found it a frustrating read, but the point is there eventually. She included a lot of general info about aromatherapy which may be of interest to some, along with three recipes. I will probably give it a try but imagine an article or blog post would have the same information. I encourage the author to get good editorial help so her ideas are conveyed more accurately and clearly.

Bath Bombs - Easy and Natural Homemade Bath Bombs Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health Bath Bombs are among the most commonly used bath products out there and the truth is that it is almost impossible not to love them. Kids and adults love them equally and they can be both relaxing and fun at the very same time. Scented, colored and beautiful even when just looking at them, bath bombs have been on the cosmetic products market for a while now. However, if you are sensitive to detergents, you will find the vast majority of the bath bombs found in stores to be too harsh on your skin. Even more, those which do not contain detergents can be extremely expensive and if you like using them with every bath you take, you will want as much of these little beauties as possible. Luckily though, now you can make your own bath bombs at home and it will be as easy as 1-2-3. Even more, they will turn out just the way you want them and they will contain nothing that your skin may not like. 6 Reasons You Need This Book 1. Homemade bath bombs do not contain detergents and chemicals, which consequently makes them smoother on the skin 2. Homemade bath bombs are really fun to make 3. Homemade bath bombs allow you to be as creative (or as traditional) as you want to be 4. Homemade bath bombs can become part of your aromatherapy if you make sure to choose the right essential oils for your affections 5. Homemade bath bombs can make for great gifts and they can make for great products to sell at garage sales and fundraisers too 6. Homemade bath bombs can make for great bridal or shower tokens as well What You Will Learn in this Book Bath Bombs The Basic - Why Use Homemade Bath Bombs? - Aromatherapy: A Gate to Relaxation and Health - Aromatherapy: Make the Right Choice - Aromatherapy: Different Aromas, Different Purposes - How to Make Basic Bath Bombs - The Best Bath Bomb Ideas Get started on your Bath Bombs Success Story TODAY! Grab this book today! You can read on your Kindle, PC, MAC, Smart Phone, or Tablet! Dont miss your chance to snag this book at its LOW introductory price.. Simply scroll up and click the BUY button to instantly download Bath Bombs - Super Easy Natural and Organic Bath Bombs Recipes for Instant Relaxation, Reduced Stress, and Better Health