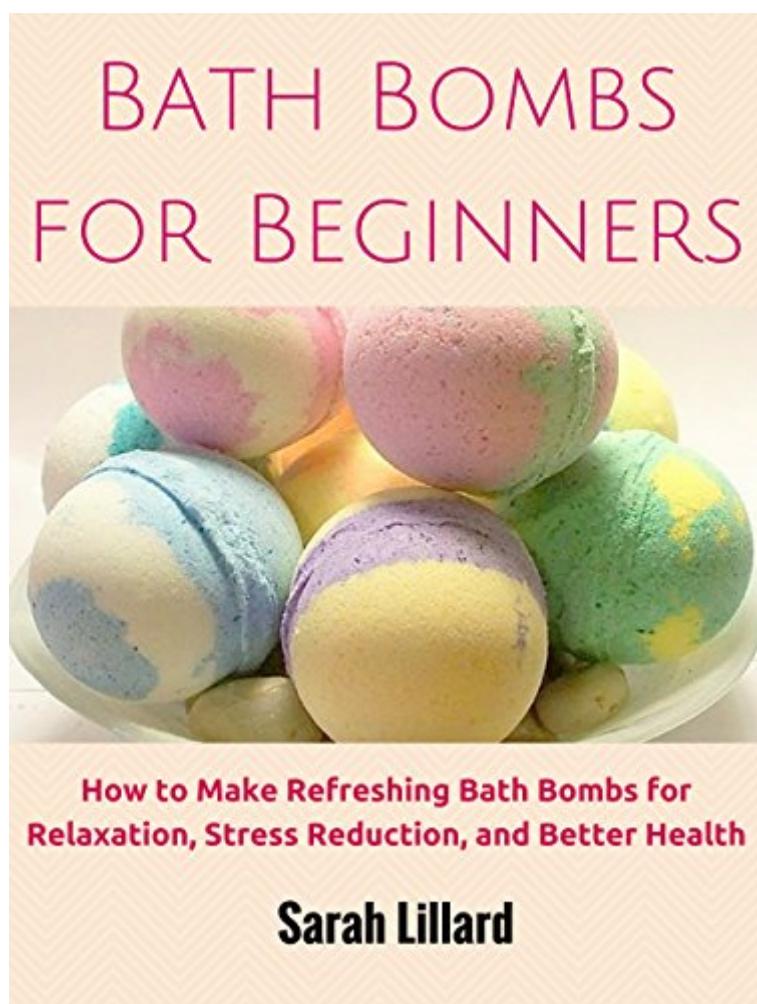


The book was found

Bath Bombs For Beginners: How To Make Refreshing Bath Bombs For Relaxation, Stress Reduction, And Better Health (DIY And Hobbies)



Synopsis

Bath Bombs for Beginners How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health Discover the secret of distressing, reducing your chances of developing a host of stress-related diseases â€“ all without the need for harsh, dangerous prescription medication. Imagine coming home from a difficult day at work knowing exactly how you can calm your nerves while treating yourself to a luxurious relaxing bath. Now, you can change your own personal prescription for relieving stress. Instead of reaching for those prescription drugs, chose your favorite bath bomb infused with soothing, healing essential oils. Discover why more people than ever before are reaching for bath bombs to add to their nightly bathing routine and how it can you deal with own personal stress Also, you'll discover..Why more people than ever before would never dream of taking a bath without first plopping a bath bomb into the tub! Learn how to treat yourself to a spa day in the privacy of your own bathroom Discover the secrets to softer, healthier skin without paying for expensive dermatologists, exorbitant prices at day spas or paying hundreds of dollars for commercially bought designer created cosmetic products Find out the near miraculous healing powers of aromatherapy, essential oils and how to use them in bath bombs And much more! Table of Contents Chapter 1: So, What's a Bath Bomb, Anyway? Yes, you can make your own bath bomb! Four Reasons to Use, Give and Make Bath Bombs Chapter 2: Aromatherapy, Bath Bombs and You So, Exactly What are Essential Oils, Anyway? How does Aromatherapy work? Chapter 3: The Basic Instructions A Basic Recipe Basic Bath Bomb Recipe Without Citric Acid Ingredients: Basic Bath Bomb Recipe without Essential Oils Chapter 4: Bath Bombs that Heal Body, Soul and Spirit Healing Lavender Bath Bomb Basil Bath Bomb Red Currant Bath Bomb White Tea and Coconut Oil Bomb Holistic Healing Apple Bath Bomb Chapter 5: Energizing Bath Bombs Rosemary Bath Bomb Energizing Citrus Bath Bombs Peppermint Pick-Me Up Bath Bomb Uplifting Tangerine Bath Bomb Perky Vanilla Bath Bombs Lemony Bath Bombs Chapter 6: Bath Bombs to Help You Relax Surprisingly Relaxing Chamomile Bombs Decadently Relaxing Milk and Honey Bath Bomb Restful Rose-Scented Bath Bomb White Tea Bomb Ultimate Jasmine Bath Bombs Chapter 7: Explosive Romantic Bath Bombs Romantic Rose Bath Bombs Bath Bombs for Your Favorite Man Romantic Cinnamon Bath Bombs Loving Vanilla Bath Bombs Passionate Passion Flower Bath Bombs with Ylang-Ylang Chapter 8: What Could Make Better Gifts? Bath Bombettes Chocolate-Peppermint Holiday Bath Bomb Valentine's Day Love Bomb Milky Bath Bombs Moisturizing Bombs Easter Egg Bath Bombs

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Customer Reviews

Great beginners guide to getting you off on the right foot when creating bath bombs...Especially enjoyed the information on what essential oils provide what benefits to the body, mind and soul.Great start to many recipes and the steps it will take to make them.I was just telling my wife that we should make these next year for Christmas and give them to our family and friends.....

I am so excited to start making these! I usually am intimidated by projects like this but it really is simple and I love that there are so many recipes in the book. My favorites will most likely be the ones that include epsom salts since I adore them for not only getting much needed magnesium absorbed into my system but it is completely relaxing. I just got some eucalyptus oil and am going to use the basic recipe with this oil to start

I wasn't familiar of what was a bath bomb until I bought this book, I knew there was something to do with bath so I thought I'd buy this book and see what a bath bomb was all about and I'm glad I bought it. I work out a lot (lift weights and 10K run) so at the end of the day my muscles are all sore

but nothing better than soothing sore muscles with a bath bomb shower, not only is great for muscle soreness but also it moisturizes your skin, no need to apply lotion after taking a bath. It's like a spa experience, the explosive therapeutic balls of aromatherapy explode and leave a blanket of fragrance throughout the bathroom and the essential oils can be massaged into the skin. It's a relaxing and reinvigorating moment and the best of all, it doesn't cost much at all to make the bath bombs, it's easy to make them and most ingredients you can find in a supermarket or a local health store. The bath bombs recipes in this book are only guidelines, you can always adjust the ingredients to create your own personalized bath bombs. You plop the bath bombs under the bath faucet to help encourage the effervescent effect. As the water continues to run, the bombs will explode and leaving a smelling fragrance. Now I can relax and my muscles can too.

This ebook was not only easy to follower from a beginner point of view (I've never made bath bombs in my life and always thought it would be difficult), it is written in a way that it naturally flows and makes you want to continue reading it! The natural flow isn't forced, so you don't feel as if you're having to force yourself to read it. A good sign in my opinion and makes it easier for me to convince myself to spend time reading something, if it's enjoyable! If you have any interest in possibly starting the adventure of making your own bath bombs at home, you should really take a few moments to read this book. It explains all of the basics, it even has a few work around ideas if you don't happen to have something.. The recipes are also a great start for the beginner. As this ebook is free, or at least was when I happened across it, I can't see where you would be disappointed by it! Get it, read it, start making your bath bombs today!

This book is so helpful and it was a wonderful purchase! I am in love with bath bombs. They always take the edge off after a hard day at the office or a strenuous workout. And they make my skin and bathroom smell amazing. I was spending so much money on them before this book. I'm so happy that I got it. There are so many recipes and even a basic one without the essential oils for those with allergies. Now both my muscles and my wallet are very happy.

I ordered this just so I could get some background info on bath bombs. This was a kindle order so I was able to down load it right away. This book is great at explaining the science behind a bath bomb. It gives you reasons to use what you use and it also gives you different recipes. It explains why you use different essential oils for what reasons. If you plan on getting into making bath bombs you should definitely order this book. Without understanding the science you will be pulling your hair

out, making bath bombs is not easy at all. I make all kinds of bath goodies and sell them on my facebook page Free your mind soap works. I love this book and I would highly recommend it to all my family and friends.I did not received this item in exchange for my review.

This book is really easy to comprehend. I love how its got awesome recipes and helps me understand exactly what I need to do to make some perfect bath bombs. I cannot wait to try some of there recipes out. I plan on making them for me and my family for a bit but who knows maybe once I am no longer a beginner I can start selling them at farmers markets. I use only organic essential oils so thats a plus for anyone. The first chapters are set up for you to get an understanding and appreciation of this art. But then it gives you recipes for healing bombs, relaxing bombs, energizing bombs, romantic ones and so on. Its a really easy read and its only got like 90 pages but its got so many recipes. Plus there is an easter one which I might be trying out soon since easter is right around the corner.

I really enjoyed this book. Taking an absolute newbie like myself through the basics of bath bomb creating through to romantic fizz, fun for the kids, personal spa experience and bath bombs for him. Worth the read, folks, with more than 30 recipes to fizz up your bath time.

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