

STORE-BOUGHT OR HOME-MADE?

part of **GreenGate Methodological Toolkit₂**

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Store-bought or home-made?

INTRO

What's better, making your own bath bombs or buying them from the store? Let's put it to the test! In this hands-on activity, you'll create your very own fizzy, bath bombs using natural ingredients. But that's not all! We'll head outside to collect flowers and herbs to add a personal, nature-inspired touch to our creations.

- Aim:**
- Make fizzy bath bombs using natural ingredients.
 - Compare the ingredients of a home-made and a store-bought product.

Time: 60 minutes

Place: indoors, possibly outdoors (flower picking)

- Tools:**
- ▷ list of flowers and herbs (appendix)
 - ▷ large bowl
 - ▷ cup
 - ▷ measuring spoon
 - ▷ silicone mold or tray (for muffins or ice)
 - ▷ purchased bath bomb (with list of ingredients)

- Ingredients:**
- ▷ 1 cup of citric acid
- To make 12 small bath bombs (count at least 2 per person):**
- ▷ 1 cup of baking soda
 - ▷ 1/2 cup of cornstarch
 - ▷ 1/2 cup of epsom salt (or other bath salt)
 - ▷ 2 tablespoons of coconut oil
 - ▷ 2 tablespoons of water
 - ▷ 10-15 drops of essential oil (not necessary, the oil is there only for scent, we recommend skipping it if someone has sensitive skin)
 - ▷ dried flowers

PREPARATION

If the season allows, take a short walk with the participants to collect flowers from a meadow or forest. A list of common flowers and their benefits is provided in the appendix. Alternatively, participants can research online about the flowers they have found and would like to collect. The PlantNet app can be used to help identify unknown plants.

Ideally, allow the flowers to dry in a warm, dry place for a few days. If drying isn't an option, fresh flowers can be used, but the bath bombs should be used within a few days. Another option is to pre-order dried flowers and discuss their specific benefits with the group.

Using flowers in the bath bombs is optional; when bathing they will float in the bathtub, they can be left out if preferred.

MOTIVATION

To warm up and get a little active: Let us play molecules! Tell the participants to imagine that they are atoms. In favourable conditions, they prefer to bond to create molecules.

The game goes:

1. Play some music and participants (atoms) just walk around the room freely
2. When music stops, shout out 2 atoms bond and participants need to create pairs
3. Play music again, participants walk around in their pair
4. When music stops, shout out 3 atoms bond and participants need to create a triad
5. In the last round, participants create a 4 atoms bond - this will be their group for the core activity

CORE

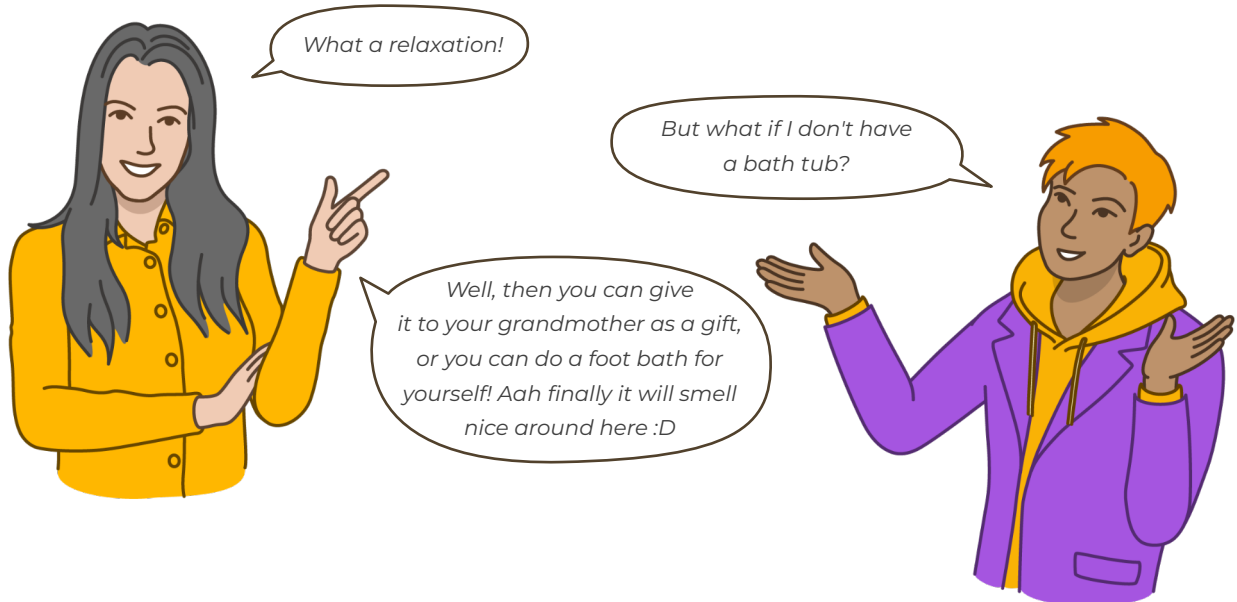
Tell the participants that today we have a challenge - we will prepare our own product, a natural bath bomb. It will be without any artificial ingredients.

Procedure (for each group):

1. In a large bowl, combine citric acid, baking soda, cornstarch, and epsom salt.
2. Add coconut oil and mix well until the mixture looks like wet sand.
3. Add an essential oil of your choice and mix well.
4. Add water and half of the dried flowers and gently work through until the mixture starts to hold together. You should have a mouldable consistency.
5. Line the mould with flowers and layer the mixture on top of them and press down firmly.
6. Let the mixture dry in a dry and cool place for at least 24 hours.

TIPS:

- ▶ IF THE MIXTURE FALLS APART, YOU CAN ADD A LITTLE WATER AND MIX IT WELL AGAIN. IF THE MIXTURE IS TOO WET, ADD MORE BAKING SODA AND CITRIC ACID.
- ▶ BY ADDING DIFFERENT OILS WE CAN VARY THE EFFECTS ON THE SKIN.
- ▶ A SELF-MADE BATH BOMB MAKES A PERSONAL GIFT FOR DIFFERENT OCCASIONS.
- ▶ IF THE BOMBS ARE VERY SMALL, USE 2 PER BATH.



CONCLUSION





Take a look at the purchased bath bomb - check its composition and compare it with the ingredients used to make DIY bath bomb.

Ask the participants if they can identify all the ingredients in the purchased bath bomb. (The problem may be that the ingredient lists usually do not use terms that are understandable to the consumer.)

What is the composition of the self-made bath bomb? Let's also look at the benefit of the individual ingredients:

- **Citric acid** - helps keep skin youthful and healthy by removing dead skin cells;
- **baking soda** - gently cleanses skin and has antibacterial properties;
- **cornstarch** - creates a thicker consistency;
- **epsom salt (or other bath salt)** - stimulates circulation, hydrates skin, detoxifies and regenerates;
- **coconut oil** - moisturizes and smooths skin;
- **dried flowers** (benefits in appendix).

Which bath bomb would participants prefer and why?

<p>Forget-me-not</p> 	<p>The plant's antioxidants fight off oxidative stress, which is basically one of the main villains in the aging skin saga. Plus, its vitamins and minerals give your scalp and hair follicles a boost, helping your hair grow stronger and shinier. Talk about a hair glow-up!</p>
<p>Calendula</p> 	<p>Calendula's been a skin healer for ages! It's packed with antioxidants that help renew your skin and give it that extra glow-up, making it look fresh and amazing.</p>
<p>Lavender</p> 	<p>This purple flower's oil is basically your nighttime BFF, it helps you sleep better, kicks stress to the curb, and is super gentle on all skin types, whether you're oily, sensitive, or dry. Plus, it's got antibacterial and antiseptic powers, all wrapped up in a chill, soothing scent.</p>
<p>Rose</p> 	<p>Rose is like a magic elixir for your skin! It hydrates, heals, and helps repair broken blood vessels while fighting dryness. Plus, it regenerates your skin and keeps your emotions in check (hello, calm vibes). Rose water also works as a natural astringent, tightening pores, reducing redness, and giving your skin that perfect glow-up.</p>
<p>Chamomile</p> 	<p>Chamomile isn't just for bedtime tea, it's a total skin-saver! Known for its chill vibes, it helps with inflammation and puffiness. It also strengthens capillaries, which means less redness and more calm, happy skin.</p>
<p>Dandelion</p>  <p><small>CC BY-SA 4.0 https://identify.plantnet.org/</small></p>	<p>Dandelion might be your skin's secret hero! It prevents damage from UVB rays, calms irritation, boosts hydration, and can even help with acne.</p>