



SHOWER STEAMERS Basic Recipe 2022

Watch the Video Here: [Shower Steamers | Making Shower Fizzies | How To DIY | Vermont Lavender](https://youtu.be/o3nUu9x9-Tc) <https://youtu.be/o3nUu9x9-Tc>

Make 12 - 2 oz. shower steamers - lotus mold *Key **mix thoroughly** before adding wet ingredients to ensure even coloring.

8 oz Citric acid

16 oz Baking soda

2 oz White kaolin clay

1 oz Fragrance oil (combo essential oils and fragrance oils)

.60 oz 91% rubbing alcohol

.25 oz Polysorbate 80

½ tsp. Mica colorant

1. Add baking soda, kaolin clay and mica to the bowl. Using a wire whisk stir dry ingredients breaking up any clumps.
2. Optional: Sprinkle herbs (lavender buds, finely ground herbs spearmint, peppermint, etc.) in the cavity of each mold.
3. Mix together the rubbing alcohol, polysorbate 80 and fragrance oil.
4. Pour this slowly on to the dry mixture and immediately stir.
5. Add the citric acid and mix together thoroughly. (Mixture should hold together when squeezed.)
6. *Add a 6-8 spritz of rubbing alcohol at a time to make sure the mixture is holding together when squeezed with hand and then dropping into the bowl.
7. Place plastic molds onto jelly roll pans. Pack each cavity tightly with the bath fizzy mixture. (Tip: weigh mixture amount before placing in molds if selling professionally.)
8. Let molds sit for at least 24 hours to dry. Carefully pop out of mold.
9. Package as desired and label accordingly.

To Use: Place shower steamer/fizzy out of direct spray of the showerhead. Spray/drip water to release the scent.

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