Bath Bombs with CBTV Live

Chapter 1 - Chapter 1
Bath Bombs
(upbeat music) - Hi everybody, it's Faith from Creative Bug coming at you live like we do every Tuesday and Thursday, 4:00 PM Pacific Time. And I realize that I say at the very beginning of every single one of these, "I'm particularly excited to show you," but the truth of the matter is, I am, every single time I'm the most excited about whatever project I'm doing. This one is so stellar for where we are in the holiday season. It makes a great last minute gift. It also will serve well for a gift to yourself if you need some pampering. We are making homemade bath bombs. Also, welcome to our friends from the Kin community who actually gave us the idea to do this video, so really excited to have you here. Hope you learn some things, have some laughs. And finally, at the very end of this episode, we'll have a special guest visitor, someone who's very special and important to me and to all of you, though you don't even know it. And so it's gonna be a sentimental moment. If you like to watch me laugh, you'll love to watch me cry. I'm a weeper, obviously, you can tell by the bangs. I'm also an enthusiastic bath person and I use bath bombs as much as I'm allowed to. They're so fun to have in the bath and they feel really good. And we're gonna make them using some natural ingredients. Let's get started. The ingredients you'll need are Epsom salt. I would not recommend table salt. Epsom salt has magnesium in it. You'll need an oil, I like grape seed oil because it can be used in body oils if you're making other mixtures or if you do oil cleansing. This is great if you have kind of oily skin. I know it sounds counterintuitive, but you can also use avocado oil, you can use olive oil or if you wanna use coconut oil, just make sure you melt it first. You'll need food grade citric acid. You'll often find this in like the canning section of a grocery store. Or apparently it's in some big box stores. It's also just easy to order online. You'll need cornstarch, baking soda, some water. I'm using this as a mold. It's an ornament, but you can also use silicon molds. A tablespoon. You'll need some essential oils. I got these too at Joanne's. I was delighted to find Joanne has these essential oils. I got orange and lavender. And also I brought in my special Sagittarius blend because it is Sagittarius season. I did just have a birthday, thank you so much. I know I look terrific for 83. So we're gonna add some of this for a special bath bomb that I'm just gonna use for myself later at home probably tomorrow morning. I love a morning bath. I love all bath. We also need a food scale. This is a really great thing to have if you follow British baking recipes, which I don't, but I would imagine it would be a lot more helpful than trying to convert things. The reason why we're using this instead of measurements is because we want a pretty particular balance so that it achieves the eruption we are hoping it will. So first we will measure our dry ingredients. And we put our cup on the scale and we tare it to get it to zero. And we're going to be doing eight ounces of baking soda. That's also just under one cup if you are using traditional measurements. Also, the thing I really like about this scale is that the last time I used a food scale like this was in biology class, so it makes me feel like a scientist or chemist. Also I guess I could have had these premeasured, but this is my favorite part, and why would you wanna deny me that? Okay, so four. We need eight, we need twice that much. And the bubbly reaction comes from the interaction between the baking soda and the citric acid. And from what I've read, it's just an aesthetic experience. It doesn't actually do much for your skin, that's what the oils are for. Okay. Oh, and don't forget, we are live. So if you have questions, comments, you wanna wish me a happy birthday, that's totally fine too. - [Leanne] Okay, you have had some birthday wishes. You have had some people tell you you look great for 83. -

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Thank you. - And Joy says, "I hope these bath bombs have me looking this good at 83." - They will, if you follow the directions closely. - [Leanne] And we do have one question, Sarah, it's more of a clarification. - Oh. - She says, "Wow, Joanne's has essential oils now, is that true?" - Yes, I found... I don't know how many different kinds they have, but I did find orange and lavender there. And they are, I think that you can use them in a diffuser if you like. I think that this is a perfect- I think this is the best use for them. - [Leanne] And can you tell our friends who are joining us about our special one-month offer? - Oh, to all the people who haven't signed up for Creative Bug yet, I don't know why you haven't, it's the best place ever. We have a one-month free offer using the offer code Joanne1. Leanne is posting that in the common section. So if you haven't swung by Creative Bug, now is the perfect time to do it. You can make all of your gifts, well, I guess not all of them, we only have two weeks, but you can make a couple of them. So we just did four ounces of Epsom salts, which is the equivalent to a heaping half a cup. Now we're going to do citric acid. Try not to breathe this stuff in. I mean, I guess you try not to breathe in any powder that you're pouring, so I trust you. And then four ounces of corn starch. Now this will make about six... Four to six very large balls. But if you wanna make smaller ones, if you wanna do half size balls, it'll make twice that amount. I'm almost as good at math as I am at pretending that this is science. Okay, we have four. And then we're going to blend this with a whisk or fork. The cornstarch can be kind of chunky. And then after we've blended this, we're going to blend our wet ingredients separately. And the wet ingredients are where it really gets exciting, where you get to use your oils. And if you're doing any add-ins, like I have these rose petals. First, make sure that you have a bathing opportunity that has a catch over the drain. You don't necessarily wanna be filling up. If you take as many baths as I do, this would be a disaster for the septic system. So make sure you can toss them out when you're done. But other things I've seen people use are poppy seeds. Not in it, but more on top of the ball. You'll see where we're going with this one. Okay, once we've done the wet, we'll do the dry, which is a tablespoon of water. And two tablespoons of oil. We're gonna do 20 to 30 drops of essential oil. So I'm gonna use maybe 10 of my precious Sagittarius blend. I've had this for 10 years. I only use it in Sagittarius season, so I don't want to use it all up. One, two, three, four, five, six, seven, eight, nine, 10. I'm gonna pair it with the lavender oil because I think that'll smell just divine. - [Leanne] So I'm just gonna hurl some questions at you while you work. - Yes, please. - You're getting a lot. - Oh, good. - I'll read them in order. Amy wants to know, can these be used in a jetted tub? - That's a great question. Lucky- Oh, the question was, can this be used in a jetted tub? First, may I congratulate you on achieving one of my highest life goals? I don't know, probably not. They seem kind of particular. We're gonna look into it and I'll respond in the comments afterwards, but terrific question, thank you so much for asking. And we have mixed our wet ingredients, so I'm gonna start blending it in with our dry ingredients. But feel free to keep the questions coming. We're going to blend this very slowly, so you don't wanna put in a whole lot at a time. When we do put it in, you'll see it bubbles immediately. See that? So we wanna minimize this by adding a little bit at a time and also instantly mixing it together. And after we do a couple teaspoons, it's going to get the consistency of like when you're making a pastry dough and it first starts to come together. And then after these first few, I'm gonna abandon my fork and just get in there and make a big old mess. You can add the food coloring to the wet stage if you'd like. I like adding it after the fact, especially if I wanna make a couple of different colors. - [Leanne] And Monica wants to know, do you use a whole bomb per bath? - Monica wants to know, do I use a whole bomb per bath? That is a great question. In my wildest of fantasies, yes, of course I would, but dreams aren't necessarily reality. And so no, I usually cut them in half to be honest, so that they can last as long as I want them to. My favorite ones are

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from Lush, if anyone needs any- I have a lot of family watching, so like I really love Lush bath bombs and I am making a bunch now. So like you might get some bath bombs of your own. Okay, we're almost to the point. So you can see it's almost starting to hold together, but then it instantly falls apart. So it means that we're coming closer. There we go. And also one thing that's really fun about this particular recipe is you can make them in smaller sizes if you have smaller mold forms. So I really like, I have a couple of silicon molds. That would be a great... That would work well for like, if you want small portions of them. And also the thing with the smaller portions is you can add a couple of them if it doesn't seem enough. Okay, so we're at the point where it's holding together almost perfectly. So we're just gonna do this very last bit of oil. And if it does seem too crumbly when we put it together, we will add some more oil. I wouldn't recommend adding more water, that makes it a little frothy. Do you see that pastry dough comparison? So I'm going to do my first one in this mold. This is for Christmas ornaments, you fill it with adorable things, but we're just using it to be elegant protagonists of Nancy Myers films, 'cause they take a lot of baths, right? Oh, I'm gonna show you too how to add the rose petals. So I'm gonna put them in the actual molds and put the mold... And put the mixture on top of it. So you're going to want there to be a little bit excess on both sides. And we're smashing them together and we grind out the excess. And this at first feels a little cumbersome. It'll start making sense, and we do want it to match up. So we want to get it all the way in. There we go, we're pretty close. And then I would recommend, oh, that's gonna be so pretty. You're really pressing it down. I would recommend putting these about an inch to a half an inch apart. So you can easily pop it open. If they're exactly overlapped, you're gonna need some pretty strong fingernails to get in there and flip it open. And if they're on the opposite side, then you just end up spinning the ball around in your hand. So we're going to let this sit. You can put it in the fridge for an hour and then you will take it out. I tried to leave these in overnight and this morning went to open them and they didn't open. It took a minute. I was in a meeting, everyone participated, it was very helpful. Thank you Leanna for- She got the lavender one open. (Leanna laughs) So another fun thing we can do is mix colors. So I'm gonna do- I'm gonna make like a candy cane one. We're gonna add some red to one. - [Leanne] And where do you, where do those molds come from? Some people wanna know. - [Faith] The molds you can find at most craft stores. They have... They're very excited to have Christmas ornaments. And then you kind of like sneak them into your own use. I'm gonna use three drops because I want it to be really dark. - [Leanne] If it's Easter, could you use plastic Easter eggs? - Oh my gosh, I love that idea, yes. Someone asks, where do you find the molds? You can find 'em at a craft store. If it's Easter, can you use Easter eggs? Yeah, definitely. Terrific idea. I loved finding Easter eggs when I was a kid, but I would extra love finding bath bombs as an adult. Like just hide them around my house. But maybe not, 'cause I have cats and they might eat them. They're not smart. They eat a lot of things they're not supposed to. And if you're just joining us, hi. We're making bath bombs, they're delicious. It smells so good right now. - So Katie Joe wants to know- - Hey, Katie Joe. - [Leanne] Is this drying to the skin? - No, that is what the oil helps with. So I know if you've ever done an Epsom soak, that's sometimes recommended by doctors for aching muscles, that salt isn't particularly drying. And then we add the oil just in case the baking soda might be a little bit drying. Okay, so we're gonna mash this. And this isn't- I should have given myself a bigger bowl to be honest. 'Cause then I could really get in there. Now I have to be dainty about it, that's terrible. Daintiness has no place in crafting. - [Leanne] And what exactly do bath bombs do? We have a few questions about the benefits of the bath bombs. - Oh, well I thought you meant- The question was, what do bath bombs do? They basically explode in the most delicate, beautiful way. What are the benefits? The benefits are, to be honest, it's exactly the same as the

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benefits for just using the bath oil. But it is an aesthetic experience I think that you'll find great pleasure in. Also Courtney had, 'cause Courtney has the best ideas, Courtney is our other host, of course, and she had said that this would be a great gift if you wanted to make someone a playlist and then maybe make a pot of tea or have a bottle of wine. And then that would be, the whole experience would be the gift. She's really good at gift giving, I'm decent. So we're just layering some pink and some white. See? I should have made this peppermint scented and then they could have been peppermint bath bombs next Christmas. And I'd love to hear from any of you if you are bath bomb enthusiasts or just happy bathers in general. - [Leanne] I think we have some bathing fans. - I mean, for my birthday, I went to a mud bath. I love baths that much, I spent my birthday in one. It was real weird to be honest. It was not what I was expecting at all. So same thing, it's a little bit overfilled. It's kind of packed down, but the top layer is not super packed down. And then we grind it together. Oh my gosh, that's so cute. - [Leanne] Now we have a few people wondering with the food coloring. - Yeah. - Does it stain your skin? Does it stain the tub? - I mean, like, a little bit. But nothing you can't get off with a bit of scrubbing. In my mind it's totally worth it. Because it's food grade, it is safe. So I'm gonna... You can see how, oh, I'm hoping it'll stay together. So after an hour, take it out. That's so pretty, look how nice that is. And you'll rest it. And, oh, see it's split in half? Perfect 'cause now this is a teaching moment. This is why you leave it in for an hour and don't take it out right away. And if it does split apart, you can spritz it with some witch hazel or even some rubbing alcohol. It'll moisten it up and get it right back together. Now I'm sure you're wondering, as I had announced in the beginning who our special guest was, and I'm bringing him on to do the honors of demonstrating to you what exactly the bath bomb does. You may have seen him darting in to fix a broken microphone or to turn on a turned off camera. Brian is the heart and soul and brains of the live shoot from the very first day Facebook Live was available. He went live and we were like, what is this sorcery? And so it is sorcery and he is the grand wizard behind that. I'm really happy to introduce you to Brian. - Hi. - I'm so happy you're here. - Oh my God, oh my goodness. Thank you for that introduction. - And you're - My goodness. - Here because this is your last- - I'm gonna put this down. - Oh yeah, that's it. - Yes. - He carries heavy cameras. - Yes. - This is your very last live shoot. - It is my very last live shoot. It is. Tomorrow's my last day here at Creative Bug. - [Leanne] Brian, no! - I know, I've been here for five years. I've been in charge of creating the content here on Creative Bug. So most of the videos that you see, it's made by me and my team here. So I'm moving on to become a filmmaker. - And we're really happy for you. Oh my God, we are gonna cry, damn it. - Oh my goodness, Faith. - And feel free to write in the comments your massive appreciation for all the work Brian does. I know we'll be writing the same thing. Are you ready to drop some balls of water? - Yes, I want too. I can't wait to see this, 'cause I haven't seen it done yet. Are we going to right in here? - I'll just make sure that it's set. I can't even zoom in a little bit, here we go. We're gonna zoom in, we're gonna see these balls drop. I mean, explode hopefully. - Okay, here we go. Ready? Here we go, one, two, three, oh. - [Faith] Yay. - Yes. Wait, let me get a shot of that. Wait, wait. Take it. - [Leanne] It's like a giant Alka-Seltzer. - [Brian] Whoa. That's really cool. There we go. Awesome. - Do you wanna put your hand in and tell the people how it feels? - Yeah. Okay, lemme see. Okay, so if you're sitting in a bath. - Yeah. And this is like rolling around under your knees. - Yes. And you're- Oh. - Woo. - Oh my, oh, it's a little granular. Like, you know, like, I feel like it's scrubbing my skin, so maybe I'd get a little softer, you know? My hands do that. - Yes. Yeah. I mean, after I did this the other day, they were very smooth. - Oh. - [Leanne] You're gonna have to get into a bath real soon, Brian, you're just gonna have one moisturized hand. - Yeah, I'm just gonna have one hand. The C cam turned off for some reason. There it goes. - I glad you're here. - All right,

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yes. Oh, what are these? - Do you wanna do a little one? - Yes, sure. - We're just gonna muck it all up. - Okay. See, this is the thing, like, this is why I stayed here for five years, because the amount of creativity and just awesomeness of this job is really, and the people. - You have a good time. - Everyone here is absolutely amazing. Okay. Ready, one, two, three. - Woo. (all laugh) - Oh, so does it like change? So that one's purple, is it gonna do- - Yeah, we're gonna do the next one. It's in there somewhere. - Yeah, no, I see it, lemme do my left hand. - Yeah, yeah, yeah. Oh, that's perfect, that's what why did that. Oh, careful with the watch. - Yeah, I'm gonna keep it out. It is waterproof though, but... - We talk about the watch a lot. - We talk about the watch a lot. Okay. Oh, yes. - [Leanne] I can hear it sizzling. - Yeah, it's very nice. With more in there, it's just like, it's extra bubbly now. - I'm gonna try it, I'm getting jealous. - Actually my hands are really, really, soft. - I'm telling you, the oil will be great. - This is crazy. - So this is what happens after it's been fizzing for a little while. Oh, this look great. - Nice. So you would only do a half, but these- I would do a whole of these. - I know, if I'm spending $7 on it, I'll do a half. - If you get the Lush - Real cheap. - Oh yes. - So if you make your own. Did you figure out how much these could cost? - I think it's about just over a dollar. - Yeah, 'cause you make six of these, you said. - Yes, we're gonna have to finish making them. - All right, awesome. - Brian, thank you so much for joining us, but also the past five years of your life here. - I know. - Super duper wonderful. - It was an honor, it really is. It really is an honor. - Don't do it. And thank you all for joining us as well. I'll see you next week, but he won't. - Yeah. - Aw. (upbeat music)

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