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Soak in the Good Stuff

DIY BATH & SHOWER RECIPES

to Make Bath Bombs, Shower Melts & More



KATIE VELDKAMP

CERTIFIED AROMATHERAPIST

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Meet Your Guide, **KATIE VELDKAMP**

Hi friend,

I'm so glad you're here. Whether you're brand new to DIY or already have a cabinet full of essential oils, this guide was made just for you. July can feel like a rush of summer fun and chaos—and I wanted to give you something simple and soothing to bring a little calm into the mix.

This collection of recipes is one of my favorites. There's just something magical about dropping a fizzy bath bomb into the tub or stepping into a steamy shower that smells like serenity. And when you made that moment happen? It hits different.

Every recipe here was created to be easy, fun, and natural—so you don't have to stress about complicated ingredients or expensive products. You'll find bath bombs, shower melts, and sprays that help you relax, recharge, and enjoy a little "me time" (or even gift some of the fun to someone you love).

I hope you have as much fun making these as we did creating them. So grab your oils, your kit or box, and let's soak in the good stuff—together.

With fizz & joy,



Certified Aromatherapist | Simply Earth

Katie's Author Bio: Katie Veldkamp is a co-founder of Simply Earth the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.



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Why Make Your Own Bath & Shower Recipes?

Making your own bath bombs, shower melts, and sprays isn't just a fun craft (though it totally is)—it's a small but powerful way to care for yourself and your home naturally.

Here's why it's worth it:



📺 Skip The Mystery Ingredients

No harsh chemicals, artificial fragrances, or overpriced spa labels—just simple, natural ingredients you can feel good about.



♻️ Customize For You

Want something energizing? Calming? Kid-friendly? You're in control of the scent, color, and benefits.

💰 Save Money

Store-bought bath products can get expensive fast. With a few key ingredients (and a little guidance), you can make your own for a fraction of the cost.



😊 It's Fun!

Store-bought makeup often comes in excess plastic packaging, whereas DIY makeup can be stored in reusable tins and jars.

Whether you're winding down after a long day or making gifts for friends, DIY bath and shower recipes are a natural way to bring a little joy into your routine.

What Are These Recipes, Anyway?

If you've never made a bath bomb or a shower melt before—don't worry. You're in the right place! Here's a quick look at what each recipe is and why you might want to make it.



BATH BOMBS

These fizzy little wonders dissolve in your tub, releasing scent, color, and skin-loving ingredients. They're like a spa day in a sphere—and they're surprisingly easy to make at home.



SHOWER MELTS

Don't have a tub? No problem. Shower melts sit on the floor of your shower and release essential oils with the steam, giving you the benefits of aromatherapy in your daily routine.

SHOWER SPRAY

A quick, easy way to freshen your shower and boost your mood. Just mist a few sprays into the steam and breathe in the goodness.



These recipes are designed to be simple, safe, and satisfying—no fancy equipment or experience required. Just your creativity (and maybe a little sparkle).

Best Ingredients To Use

The secret to a good bath or shower recipe? A few powerhouse ingredients that are simple, safe, and fun to use. Here's a quick breakdown of the essentials you'll find in these recipes—and why we love them:



Citric Acid + Baking Soda

This dynamic duo is what makes bath bombs fizz! When they hit the water, they react to create bubbles and movement, making your bath feel like a mini science experiment.



Mica Powders

These natural mineral powders add color and a subtle shimmer to your creations. They're safe for skin and make every bath bomb feel just a little more magical.

Witch Hazel or Water

Used in a spray bottle (or you simply add small amounts while stirring), witch hazel or water gives just enough moisture to hold your bath bomb mix together without setting off the fizz too early. It's a must-have for easy molding.



Essential Oils

Not only do they smell amazing, but each oil offers specific benefits—like calming lavender for bedtime, or zesty citrus to lift your mood.

Natrasorb Bath

A light, fluffy powder that helps evenly disperse essential oils in water, making them gentler on your skin and enhancing the scent experience.



SCI Powder + Castile Soap

This bubbly duo helps create a foaming, fizzing reaction that makes your bath bombs extra fun and cleansing. SCI Powder adds gentle lather, while Castile Soap brings a natural clean.



Coconut Oil or Almond Oil

These natural mineral powders add color and a subtle shimmer to your creations. They're safe for skin and make every bath bomb feel just a little more magical.

Bath Bomb Mold

Shape your creations with ease—whether you're making giftable full-size bath bombs or adorable mini bath bombs.



These ingredients work together to create safe, effective, and luxurious bath and shower products—without anything fake or complicated.



Best Essential Oils to Use

😊 For Relaxation & Stress Relief

- Lavender – Calming and comforting, perfect for winding down
- Frankincense – Grounding and centering, helps you breathe deeper
- Ylang Ylang – Floral and luxurious, promotes emotional balance

🌙 For Sleep & Bedtime

- Sleepy Blend – Designed to help your body and mind rest
- Downtime Blend – A warm, soft scent to support your evening routine
- Sweet Dreams Blend – A gentle, kid-safe blend perfect for bedtime

☀️ For Energy & Uplift

- Blood Orange – Bright, cheerful, and a burst of positivity
- Grapefruit – Refreshing and cleansing
- Lava Blend – Tropical and invigorating, like a vacation in a bottle

💧 For Steam Showers & Clarity

- Spearmint – Cooling, minty, and helps open up your senses
- Breathe Easy Blend – Great in shower melts and sprays to support clear breathing

Tips & Tricks

Whether you're making a fizzy bath bomb, a steamy shower melt, or a refreshing spray, these tips will help your recipes turn out beautifully—and make the process a whole lot easier.

- Use a spray bottle for witch hazel or distilled water to moisten your mixture gradually and evenly—essential for bath bombs and shower melts.
- Molding can be the toughest part. For bath bombs and melts, aim for a texture like damp sand. If it's too dry, it crumbles. Too wet, and it fizzes or sticks.
- Let your recipes dry completely before using or packaging—usually 24 hours for anything that needs to set.
- Label your creations so you remember what's inside, especially for sprays or when gifting.
- Follow safe dilution rates when using essential oils—especially for anything applied to the skin. (Your recipe cards are already pre-diluted to make this easy.)



5 Common Mistakes to Avoid



Even simple recipes can be a little unpredictable—especially when you’re just starting out. Here are some of the most common DIY pitfalls, plus what to do instead:

Overdoing the moisture

Too much witch hazel or water in bath bomb or steamer recipes can trigger fizzing before your product even dries. Add moisture gradually using a spray bottle and mix thoroughly to find the perfect “damp sand” texture.



Skipping the full dry time

Rushing the drying process can lead to soft, cracked, or crumbly results—especially in bath bombs and shower melts. Let your creations dry for at least 24 hours in a cool, dry space before using or packaging.



Using fragrance oils not meant for DIY bath or body

Some fragrance oils contain ingredients not safe for skin or steam inhalation. Stick to essential oils or clearly labeled safer fragrance oils—especially for recipes that touch your body or release into the air.



Underestimating colorants

Even natural mica powders can leave residue in your tub. Including a surfactant like castile soap in bath bombs can help minimize staining, but it’s still a good idea to rinse or wipe your tub after use—especially when using deeper colors.



Not scent-testing your recipe

Essential oil potency can vary widely. If you’re adjusting a recipe or blending oils, always smell-test before molding or bottling to make sure the scent is balanced and enjoyable—not too faint or overpowering.



Shopping List

Here's everything you'll need to make the bath bombs, shower melts, and sprays featured in this guide. Most of these ingredients are included in our DIY Bath Bomb Kit or July Bath & Spa Recipe Box—just check the labels on your products or kits to see what you already have.



Essential Oils

- Peace & Quiet Essential Oil Blend
- Sweet Dreams Blend
- Lava Blend
- Lime Essential Oil Blend

Base Ingredients

- Citric Acid
- Baking Soda
- Cornstarch
- Natrasorb Bath Powder
- Castile Soap
- SCI Powder (Sodium Cocoyl Isethionate)
- Witch Hazel or Distilled Water
- Fractionated Coconut Oil
- Almond Oil
- Beeswax

Color & Sparkle

- Rose Red Mica Powder
- Indigo Blue Mica Powder
- Yellow Gold Mica Powder

Packaging & Tools

- Bath Bomb Molds (Mini + Full Size)
- Mixing Bowls + Spoons
- Measuring Cups + Spoons
- Spray Bottle
- Labels or Stickers (optional, for gifting/storage)

Optional Add-ons

- Droppers or pipettes (for oils)
- Mask + Gloves (for handling powders like SCI)
- Storage jars, tins, or gift bags



Lava Flow Fizzy Bath Bomb

From Simply Earth

- 1/2 cup Citric Acid
- 1 tsp SCI Powder
- 2 Tbsp Natrasorb Bath Powder
- 2 tsp Rose Red Mica Powder
- 2 tsp Yellow Gold Mica Powder
- 2 tsp Almond Oil
- 1/2 tsp Castile Soap
- 18 drops Lava Essential Oil Blend
- Bath Bomb Mold

From Your Home

- 1 cup baking soda
- 1/4 cup cornstarch
- 1/2 tsp water (+ more as needed)
- Toothpick

- 1 In a large bowl, whisk together baking soda, cornstarch, Natrasorb, SCI Powder, and Citric Acid.
- 2 In a small bowl, mix Castile Soap, water, Almond Oil, and essential oil.
- 3 Slowly add wet ingredients to dry, stirring constantly. Mix with hands until it feels like damp sand and holds its shape. If too dry, add 1/4 tsp water at a time.
- 4 Divide the mixture into two bowls. Stir Rose Red Mica into one and Yellow Gold Mica into the other.
- 5 Layer colors in one half of the mold, swirling with a toothpick. Pack tightly. Sprinkle extra mixture (about 1 Tbsp) on top. Repeat with other half of mold. Press the two mold halves together firmly.
- 6 Tap the mold with a spoon to release the bath bomb, then gently separate the mold. Remove the bath bomb and let dry 24-48 hours undisturbed.
- 7 Keep bath bombs in an airtight container.
- 8 Drop into warm bath and enjoy! Rinse tub after use.

TIPS & TRICKS

- In humid environments, bath bombs will take longer to dry out. You may need to run a dehumidifier in the area in order for the bath bomb to dry out.
- Some people add citric acid as the last ingredient to help prevent the mixture reacting prematurely. I haven't had a problem with this but, if you live in a humid environment, it's worth a try!
- I've gone back in forth on adding water to bath bombs as the wetting ingredients. I find that I get more consistency in the hardness of my bath bombs when I add a small amount of water.



Moonlit Dream Fizzy Bath Bomb (DIY Kit)



From Simply Earth



From Your Home

- 1 cup baking soda
- 1/4 cup cornstarch
- 1/2 tsp water (+ more as needed)
- Paint brush
- 1/2 cup Citric Acid
- 1 tsp SCI Powder
- 2 Tbsp Natrasorb Bath Powder
- 1 tsp + 1/4 tsp Indigo Blue Mica Powder
- 2 tsp Almond Oil
- 1/2 tsp Castile Soap
- 18 drops Sweet Dreams Essential Oil Blend
- 1/4 tsp Gold Mica Powder
- Bath Bomb Mold

- 1 In a bowl, whisk together baking soda, cornstarch, Natrasorb, SCI Powder, Citric Acid, and 1 tsp Indigo Blue Mica Powder.
- 2 In a small bowl, stir together water, Castile Soap, Almond Oil, and Sweet Dreams Essential Oil Blend.
- 3 Slowly add wet ingredients to dry, stirring constantly. Mix with hands until it feels like damp sand and holds its shape when squeezed. If too dry, add 1/4 tsp water at a time while stirring.
- 4 Firmly pack the mixture into both halves of the bath bomb mold, adding an extra 1 tbsp of mixture on top of each half before pressing the halves together. Tap the mold with a spoon to release the bath bomb, then gently separate the mold. Remove the bath bomb and let dry 24-48 hours undisturbed.
- 5 Paint & Decorate:
 - In a small bowl, mix 1/4 tsp Indigo Blue Mica Powder with a 1/2 tsp of Almond Oil.
 - In a separate bowl, mix 1/4 tsp Yellow Gold Mica Powder with 1/2 tsp Almond Oil.
 - Use a paintbrush to gently splatter or paint the bath bombs for a starry-night effect.
- 6 Let the bath bombs dry 24-48 hours in a safe place. They will be delicate until fully hardened.
- 7 Store bath bombs in an airtight container.
- 8 To use, drop bath bomb into a warm bath and relax as the bath bomb fizzes and releases calming essential oils. Rinse tub after use.



Lime & Coconut Bliss Mini Bath Bombs



From Simply Earth

- 1 Tbsp Citric Acid
- 1 Tbsp Natrasorb Bath Powder
- 2 tsp Fractionated Coconut Oil
- 4 drops Lime Essential Oil
- Bath Bomb Mold



From Your Home

- ¼ cup baking soda
- ¼ cup cornstarch
- 1/2 tsp water

- 1 In a medium bowl, mix together all dry ingredients.
- 2 In a small bowl, mix together Fractionated Coconut Oil, essential oil, and water.
- 3 Gradually add the wet mixture to the dry ingredients while stirring. Do this slowly to avoid prematurely creating the fizzy reaction.
- 4 Squeeze the mixture in your palm; if it holds its shape, it's ready to pack into the mold. If it doesn't, add little more Fractionated Coconut Oil and stir until it reaches a consistency that holds its shape well when squeezed.
- 5 Fill one half of the mold with bath bomb mixture and lightly pack it. Sprinkle some excess bath bomb mixture on top. Repeat with the other half of the mold. Firmly press the molds together until they touch all the way around; this should create a vacuum seal.
- 6 Release the seal on the mold by tapping it with a spoon. Gently remove the bath bomb from the mold and set it out to dry. Repeat to create two more mini bath bombs. Allow the bath bombs to dry for 24 hours—the bath bomb will be very fragile during this time.
- 7 Store the bath bomb in a cool, dry place. To use, place 1-3 bath bombs in a bath once it's filled. The bath bomb will slowly fizz away for an uplifting, aromatic, and skin nourishing bath.

TIPS & TRICKS

- I've gone back and forth in using water, isopropyl alcohol, or more almond oil in my bath bomb recipes. All work. I've been favoring water lately as it results in harder bath bombs that are less likely to crumble once they're removed from the mold.
- Some makers will add citric acid last to help prevent the mixture from fizzing prematurely. To simplify these instructions, I listed citric acid with the other dry ingredients.



Peace and Quiet Mini Bath Bombs



From Simply Earth

- 1 Tbsp Citric Acid
- 1 Tbsp Natrasorb Bath Powder
- 1 tsp Fractionated Coconut Oil
- 4 drops Peace and Quiet Essential Oil Blend
- Bath Bomb Mold



From Your Home

- ¼ cup baking soda
- ¼ cup cornstarch
- 1/2 tsp water

- 1 In a medium bowl, mix together all dry ingredients.
- 2 In a small bowl, mix together Fractionated Coconut Oil, essential oil, and water.
- 3 Slowly incorporate the wet mixture into the dry ingredients, stirring as you go. Do this gradually to prevent triggering the fizzy reaction.
- 4 Squeeze the mixture in your palm; if it holds its shape, it's ready to pack into the mold. If it doesn't, add little more Fractionated Coconut Oil and stir until it reaches a consistency that holds its shape well when squeezed.
- 5 Fill one half of the mold with bath bomb mixture and lightly pack it. Sprinkle some excess bath bomb mixture on top. Repeat with the other half of the mold. Firmly press the molds together until they touch all the way around; this should create a vacuum seal.
- 6 Release the seal on the mold by tapping it with a spoon. Gently remove the bath bomb from the mold and set it out to dry. Repeat to create two more mini bath bombs. Allow the bath bombs to dry for 24 hours; the bath bomb will be very fragile during this time.
- 7 Store the bath bomb in a cool dry place. To use, place in a bath once it's filled and let it fizz away for an uplifting aromatic and skin nourishing bath.



Serene Steam Shower Spray



From Simply Earth



From Your Home

- 1oz Spray Bottle
- 30 drops Peace & Quiet Essential Oil Blend
- ~2 Tbsp distilled water

- 1 Add essential oils to the spray bottle and fill the rest of the way with distilled water.
- 2 To use, shake and spray on shower walls before showering. The steam from the shower will create a spa-like, aromatherapy experience.

Tip: If you have perfumer's alcohol at home, you can replace the water in this recipe with the perfumer's alcohol to create a shelf stable product.



Tranquil Shower Melts



From Simply Earth

- ¼ cup Coconut Oil (Solid)
- 16 drops Lime Essential Oil
- 1/4 tsp Beeswax
- Simply Earth Soap Mold
- 20 drops Peace and Quiet Essential Oil Blend

- 1 In a double boiler or microwave-safe bowl, gently heat the Coconut Oil and Beeswax until fully melted. Once melted, remove from heat.
- 2 Add the essential oils to the melted mixture and stir thoroughly to ensure even distribution.
- 3 Carefully pour the blend into a silicone mold. Place the mold in the refrigerator and allow them to cool completely until solidified.
- 4 To use, cut the shower melt into 4-5 pieces. Position one piece on the floor of your shower or bathtub away from the direct water stream, allowing it to dissolve gradually. For extended use, consider cutting each melt into smaller portions. Please be aware that the melting oils can make surfaces slippery; exercise caution during and after use.

💡 Tip: Worried about coconut oil in your pipes? This recipe uses a small amount that melts easily with hot water. Just run warm water for 30 seconds after use to help it flow down smoothly—no clogs, just calm.

#IMadeThis Share Your DIY Bath Bomb & Win!

We love seeing your DIY creations! Show off your handmade blush, eyeshadow, or glow balm and get a chance to win a \$5 Simply Earth gift card!

How to Enter:

- ✓ Take a photo or video of your DIY makeup creation.
- ✓ Tag @SimplyEarth and use #IMadeThis in your post on Instagram, Facebook, or TikTok.
- ✓ Each month, we'll randomly select a winner to receive a \$5 Simply Earth gift card!
- 💡 Pro Tip: Share your customized colors, favorite ingredient combos, or makeup swatches for a better chance to be featured on our page!

Let's build a community of DIY beauty lovers—one handmade product at a time!

Join Our Live Workshop on YouTube!

Want to see these DIY makeup recipes come to life? Join our Live Workshop on YouTube, where we'll walk you through everything in this guide—step by step!

What You'll Learn in the Live Workshop:

- ✓ How to mix pigments & mica powders for the perfect shade
- ✓ Tips for customizing texture for different skin types
- ✓ How to make DIY blush, eyeshadow, and glow balm
- ✓ Live Q&A – Ask your DIY makeup questions!

When? May 15, 2025 at 2:00 CST (replay available!)

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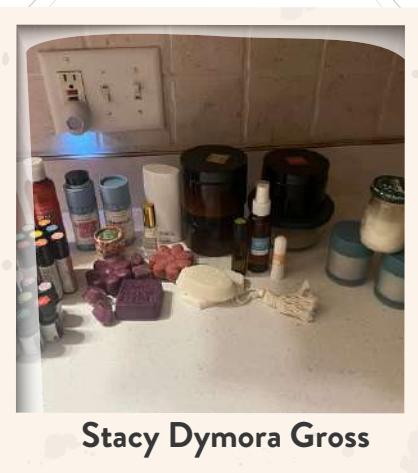
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WHAT'S INSIDE?

- ✓ Peace & Quiet Essential Oil Blend
- ✓ Bug Fighter Essential Oil Blend
- ✓ Coriander Essential Oil
- ✓ Lime Essential Oil

EXTRAS:

- ✓ Citric Acid
- ✓ Natrasorb Bath Powder
- ✓ Bath Bomb Mold

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WHAT'S INSIDE?

- ✓ Lava Essential Oil Blend
- ✓ Sweet Dreams Essential Oil Blend

EXTRAS:

- ✓ Bath Bomb Mold
- ✓ Citric Acid
- ✓ Castile Soap
- ✓ SCI Powder
- ✓ Almond Oil
- ✓ Natrasorb Bath Powder
- ✓ Indigo Blue Mica Powder
- ✓ Rose Red Mica Powder
- ✓ Yellow Gold Mica Powder

RECIPE

- ✓ Lava Flow Fizzy Bath Bomb
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