

Napa Soap Company Recipes for Martha Stewart Living Show:

Some general pointers on making bath products at home

- All these ingredients are easily found at your local grocery store or health food store. With practically the same ingredients, you can make three different items.
- Buy the highest quality ingredients you can, what you put on your skin goes into your body
- If you add botanicals to your bath you will have to clean them out of the tub when you are done. That's why we like putting those kind of ingredients in the tub teas to keep them all corralled in a little muslin bag (or the homemade version using a coffee filter). There's nothing wrong with having the ingredients in the bath with you, it's just the cleanup we are trying to avoid ☺ as well as all the stuff floating around you when you are in there...
- All of these recipes are sensitive to humidity so if you are going to store them for a bit, use an airtight container such as a jar.

Napa Soap Bath Salts: a simple moisturizing bath salt blend - good for relaxing

- 1/2 cup sea salt
- 1/2 cup Epsom salts
- 1/3 cup baking soda
- 1/3 cup milk powder - whole milk, buttermilk or goat's milk (optional)
- 1 Tablespoon grapeseed oil (optional)
- 2 drops Lavender essential oil
- 4 drops Chamomile essential oil

Mix ingredients together blending well. Break up any clumps.

Variations: can add dried botanicals (rose petals, lavender buds, chamomile flowers, calendula flowers), experiment with different essential oils.

Napa Soap Mustard Tub Tea or foot bath (good for aches, colds, increased circulation, reduces swelling and even helps with sleeplessness)

*very stimulating, not for sensitive skin but fun for Mustard Festival!

2 cups sea salt
1 cup powdered milk (buttermilk, goat's milk, or whole milk)
1/4 cup powdered mustard seed
2 Tablespoons dried ginger
2 Tablespoons dried lemon or orange peel
¼ cup dried lavender buds
¼ cup dried rose petals

1 Tablespoon grapeseed oil
2 drops eucalyptus essential oil
3 drops orange essential oil
2 drops rosemary essential oil

Directions:

1. Mix dry ingredients (salt, milk, mustard, ginger, citrus peel and dried botanicals) together and set aside.
2. Blend your essential oils with your grapeseed oil and slowly mix into your dry ingredients with your hand making sure they don't clump together.
3. For a footbath, add 1 Tbs. to pretty hot water (of course use common sense here) and soak your feet for at least 15 minutes to increase circulation
4. To make into a tub tea, add the ingredients to small muslin bags or heat sealable tea bags (available online) or use a coffee filter and sew it shut. Drop into a hot bath and soak.

These Bath Bombs take a bit more experience and can be a little tricky, but they are fun!

Napa Soap Bath Bombs/Fizzies

1 c. baking soda
½ c. citric acid
½ c. cornstarch
1 Tablespoon grapeseed oil
Essential oils (such as peppermint and rosemary—stimulating, lavender—relaxing)
Dried botanicals (optional)
Witch hazel in a fine mist sprayer
Large bowl
Molds such as a ¼ cup measuring cup
Cookie sheet lined with wax paper

Directions:

Mix all the dry ingredients together with your hands in the bowl until well blended. Add the essential oils to the grapeseed oil and then slowly drop the mixture into the dry ingredients mixing constantly to avoid clumping. When well blended, the tricky part begins. With one hand, continue mixing the ingredients, with the other hand, use the spray bottle to lightly spritz the mixture. If you spritz too much, you will set off the fizzing reaction and you cannot stop this. If you don't spritz enough, the mixture won't clump together. Once the mixture starts to clump a bit in your hands when you squeeze it, it is ready for the molds.

Many common household items can be used as a mold such as a small measuring cup or even the bottom of a ladle. Pack the mixture into very firmly into the molds. If you don't want to bother with that and don't mind a "rustic" look, just firmly press the mixture together in your hands like you are making a snowball. Gently tap the side of the mold onto the cookie sheet to release the bath bomb then leave on a cookie sheet to dry overnight.

To use, drop one fizzy into a hot bath and let the fun begin!

Variations: You can add food coloring to your witch hazel to add color, dried botanicals for interest, and Epsom salts or sea salts. It's fun to experiment with different scents and mold shapes.