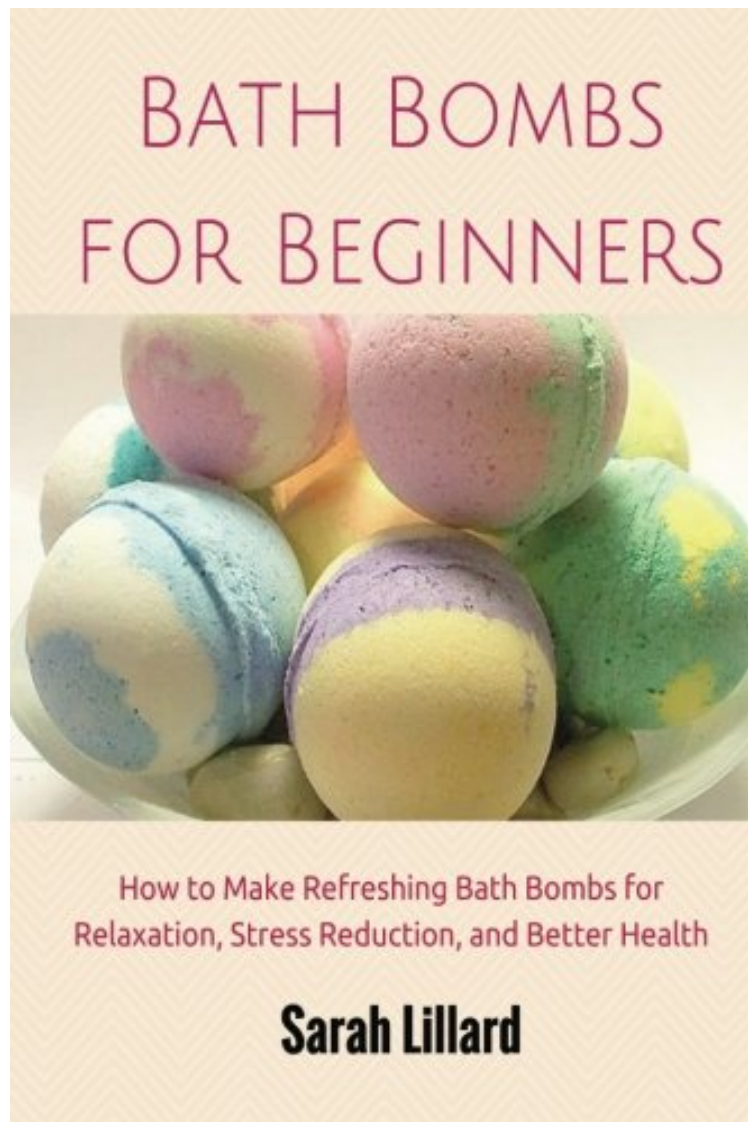


[Mobile book] Bath Bombs for Beginners: How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health

Bath Bombs for Beginners: How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health

Sarah Lillard

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Sarah Lillard : Bath Bombs for Beginners: How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Bath Bombs for Beginners: How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health:

6 of 6 people found the following review helpful. Great beginners guide!By Bowe C. PackerGreat beginners guide to getting you off on the right foot when creating bath bombs...Especially enjoyed the information on what essential oils provide what benefits to the body, mind and soul.Great start to many recipes and the steps it will take to make them.I was just telling my wife that we should make these next year for Christmas and give them to our family and friends.....2 of 2 people found the following review helpful. Great way to relax your body and mind!By KristyI wasn't familiar of what was a bath bomb until I bought this book, I knew there was something to do with bath so I thought I'd buy this book and see what a bath bomb was all about and I'm glad I bought it. I work out a lot (lift weights and 10K run) so at the end of the day my muscles are all sore but nothing better than soothing sore muscles with a bath bomb shower, not only is great for muscle soreness but also it moisturizes your skin, no need to apply lotion after taking a bath. It's like a spa experience, the explosive therapeutic balls of aromatherapy explode and leave a blanket of fragrance throughout the bathroom and the essential oils can be massaged into the skin. It's a relaxing and reinvigorating moment and the best of all, it doesn't cost much at all to make the bath bombs, it's easy to make them and most ingredients you can find in a supermarket or a local health store. The bath bombs recipes in this book are only guidelines, you can always adjust the ingredients to create your own personalized bath bombs. You plop the bath bombs under the bath faucet to help encourage the effervescent effect. As the water continues to run, the bombs will explode and leaving a smelling fragrance. Now I can relax and my muscles can too.0 of 0 people found the following review helpful. You won't be disappointed.By Brandy L PattersonThis ebook was not only easy to follow from a beginner point of view (I've never made bath bombs in my life and always thought it would be difficult), it is written in a way that it naturally flows and makes you want to continue reading it! The natural flow isn't forced, so you don't feel as if you're having to force yourself to read it. A good sign in my opinion and makes it easier for me to convince myself to spend time reading something, if it's enjoyable! If you have any interest in possibly starting the adventure of making your own bath bombs at home, you should really take a few moments to read this book. It explains all of the basics, it even has a few work around ideas if you don't happen to have something.. The recipes are also a great start for the beginner. As this ebook is free, or at least was when I happened across it, I can't see where you would be disappointed by it! Get it, read it, start making your bath bombs today!

Bath Bombs for Beginners Want to make your own bath bombs to experience that expensive spa experience at a fraction of the cost? DESCRIPTION A collection of bath bombs recipes that you can use not only when you need relaxing or reinvigorating moments, but specially created recipes that take care of nearly your every mood aid your healing in body, mind and spirit and all for a fraction of the cost of bath shop prices. These bombs, despite their affordability, are every bit as relaxing . . . every bit as reinvigorating . . . every bit as healing as the those in the stores that were three times the cost. Success! BIG OVERALL BENEFIT example: Discover the ultimate bath experience while boosting your body, mind and spirit Also, you'll discover.. Four ways how bath bombs can sooth your nerves after a stressful day How to make memorable gifts for family and friends The role of citric acid in a bath bomb recipe And much more! Table of Contents Chapter 1: So, Whats a Bath Bomb, Anyway? Yes, you can make your own bath bomb! Four Reasons to Use, Give and Make Bath Bombs Chapter 2: Aromatherapy, Bath Bombs and You So, Exactly What are Essential Oils, Anyway? How does Aromatherapy work? Chapter 3: The Basic Instructions A Basic Recipe Basic Bath Bomb Recipe Without Citric Acid Ingredients: Basic Bath Bomb Recipe without Essential Oils Chapter 4: Bath Bombs that Heal Body, Soul and Spiri Healing Lavender Bath Bomb Basil Bath Bomb Red Currant Bath Bomb White Tea and Coconut Oil Bomb Holistic Healing Apple Bath Bomb Chapter 5: Energizing Bath Bombs Rosemary Bath Bomb Energizing Citrus Bath Bombs Peppermint Pick-Me Up Bath Bomb Uplifting Tangerine Bath Bomb Perky Vanilla Bath Bombs Chapter 6: Bath Bombs to Help You Relax Surprisingly Relaxing Chamomile Bombs Decadently Relaxing Milk and Honey Bath Bomb Restful Rose-Scented Bath Bomb White Tea Bomb Ultimate Jasmine Bath Bombs Chapter 7: Explosive Romantic Bath Bombs Romantic Rose Bath Bombs Bath Bombs for Your Favorite Man Romantic Cinnamon Bath Bombs Loving Vanilla Bath Bombs Passionate Passion Flower Bath Bombs with Ylang-YIang Chapter 8: What Could Make Better Gifts? Bath Bombettes Chocolate-Peppermint Holiday Bath Bomb Valentines Day Love Bomb Milky Bath Bombs Moisturizing Bombs Easter Egg Bath Bombs Conclusion