

EXPANSION CHAPTER FOR:
“HOW TO MAKE POPULAR BATH AND
BODY PRODUCTS”

EASY, CREATIVE BATH & SOAK RECIPES

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This expansion chapter is for bath lovers who have mastered the basic bath salt recipe. I do give you actual recipes, but they are meant as examples. This expansion is really intended to get you thinking creatively for yourself. Use the examples to come up with your own signature bath recipes.

<http://www.excellentlivingguide.com/easyway.html>

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Designing Your Own Recipes

All the example recipes are based on dry or oil-based ingredients. I don't like liquid bath formulas because the main ingredients are water / thickener. They are bulky to store, heavy to ship, and it is difficult to add a substantial amount of moisturizing ingredients to it. Polysorbate 20 is helpful, but only up to a certain amount of oil (maybe 10%, tops.)

If you want to do a liquid bath, just use a bubble bath base, like the one from MMS: <http://www.thesage.com/catalog/Cleansers.html#BubbleBathBase>

CALCULATING THE POTENCY PER BATH

Before you start making a batch of bath stuff, it is important to decide on the "Potency Per Bath." How much of the ingredients do you use for one typical bath? Figure this out first, and then multiply the amounts for one serving by the number of baths in your batch.

If you want to make 4 servings of bath salt, figure out how much you want to go into one bath, and then multiply it by 4. (I have to go through this process in my head all the time.)

How Much Fragrance?

Knock-Your-Socks-Off Strong - 1/4 teaspoon (25 drops)

Medium - 1/8 teaspoon (13 drops)

Gentle - 1/16 teaspoon (6 drops)

These are just general guidelines. If you've read the Popular Bath and Body book, you already know that fragrances vary drastically in strength. 1/8 teaspoon of Fresh Squeezed OJ fragrance might be as strong as 1/4 teaspoon of Lavender and Chamomile.

To really test this out, just fill up your bathtub and add fragrance until you like the strength. That's what I do!

How Much Is One Serving?

For therapeutic salt soaks:

Very Strong - 2 cups bulk salt

Medium - 2/3 to 1 cup bulk salt

Gentle - 1/2 cup bulk salt

For milk or oatmeal baths:

Very Strong - 2 cups (poison ivy strength!)

Medium - 1 cup

Gentle - 1/2 cup

Baby Bath - 2 tablespoons

I usually keep my servings around 2/3 cup for bulk ingredients; however, I have loaded up the tub with 2 cups of baking soda and oatmeal when I got poison ivy! For non-therapeutic purposes, 1/2 to 1 cup is usually sufficient.

Moisturizing Ingredients (Oils or Butters)

Very Moisturizing - 2 tablespoons

Medium - 1 tablespoon

Light - 2 teaspoons

Very Light - 1/2 to 1 teaspoon

Essential Oils - Use With Caution

My Tiger Balm bath in the Recipes section uses essential oils for their muscle relaxing properties. They must be used

with caution, and personal preferences have to be taken into account. I am not sensitive to the oils used, but some people really are.

Remember, they are concentrated plant essences. Skin irritation aside, they sometimes act like Eau de Ragweed for people with allergies, especially since they are vaporized in the bath.

Essential Oil Guidelines

Gentle - 1/16 teaspoon (6 drops)

Medium - 1/8 teaspoon (13 drops)

Strong - 1/4 teaspoon (25 drops)

BATH SALT PROFILES

Different bulk bath salts have different properties (and prices.) I am not going to give you a complex analysis of their trace minerals, but I will just make you aware of the three most popular kinds of bulk bath salt - and where to get them.

The theory behind salt baths is that 1) the sodium chloride itself is good for your skin, reducing inflammation and promoting proper cellular water balance, and 2) different salts have different nutrients and minerals in them which get absorbed through the skin.

The jury is still out on most of these claims. I've met "real doctors" that advocate the use of salt; I've also heard "real doctors" say that the salts don't do anything, and that it's impossible to absorb anything through your skin.

It doesn't help that most sellers of salt products make vague claims like "It cleanses and purifies the skin!" I always think, "What's that supposed to mean?"

I don't believe or disbelieve them; scientists and doctors can be hair-raisingly closed-minded about anything that they've never hear of in med school. Salt therapy has been around for thousands of years and many people swear by it.

My advice is to do your own tests and draw your own conclusions.

Sea Salt (Atlantic, Pacific, Breton, etc)

This is the most popular bulk salt because it is inexpensive and *can* contain valuable trace minerals. The thing to remember is that sea salt's mineral content can vary drastically, depending on the source.

Just because it's "Sea Salt," doesn't mean it's any good; some of them are almost pure sodium chloride, which is just table salt! Ask if your supplier has a mineral profile for their salts.

Therapeutic Properties: If good, sea salt contains trace nutrients and minerals, such as magnesium chloride, copper, zinc, iodine, which are supposedly absorbed through the skin.

Skin Drying: Quite drying.

Price Per Pound (not including shipping): around \$1 if you buy more than 5 lbs.

Epsom Salt

Many sports players swear that Epsom salt baths improve performance and accelerate recovery from injury or strain. Epsom salt contains magnesium, which does all kind of good things. But don't take it from me, look at the Epsom Salt Council's site on the web:

http://www.epsomsaltcouncil.org/health_why_it_works.htm

More on magnesium:

<http://www.bodyandfitness.com/Information/Health/Research/magnesium.htm>

Therapeutic Properties: Muscle relaxing due to the magnesium.

Skin Drying: Somewhat.

Price Per Pound: Cheap, because it's chemically manufactured, not harvested from nature. I get mine from CVS for \$.50 per pound.

Dead Sea Salt

This is the most therapeutic bulk salt, and it is also the most expensive. I've heard so many claims for and against DSS that I frankly don't care anymore. All I know is that DSS seems to work for me.

There have been some tests with conclusive positive results. Read more about those here:

<http://www.chemistrystore.com/DeadSeaSalt.htm>

Therapeutic Properties: Due to the high mineral content, DSS is said to help with many skin conditions, including eczema and psoriasis. DSS is actually used by doctors in Europe and some progressive-minded sports medicine folks in the US.

Skin Drying: Since the sodium content is only around 40%, it is the least drying of all the salts. Still somewhat drying, though

Price Per Pound: The most expensive - around \$2 per pound in bulk.

WORKING WITH SALTS

Keep Them In A Sealed Container

Salt sucks out water from the air. It must be kept in a closed, airtight container at all times, otherwise it will “cake up” and form chunks. This is visually unappealing, and people will think that something’s wrong with your bath salt.

Keeping Them Dry

If you’ve read the Popular Bath and Body book, you already know about dendritic salt. If you’re making bath salt, use 5% - 10% dendritic salt to soak up your color and oils. This will keep your bath salt dry and help prevent caking.

You can also use corn starch, baking soda, or arrowroot powder for a grocery-store solution.

[Natratorb](#) is a modified food starch that also absorbs oil. It will give a powdery feel to bath salts, but works great for bath powders. Use it the same way as dendritic salt - mix the color and oils into the Natratorb first, then blend it into the rest.

BATH SAFETY & HEALTH

A few points to consider when taking baths:

High Blood Pressure

Hot baths are never recommended for people with high blood pressure.

Is Your Water Too Hot?

If your bath water is too hot, your pores will slam closed and won’t be able to absorb the nutrients from bath salts (if you believe they can be absorbed at all.) In addition, it can make your skin red and painful - basically scalded - but you may not know it until you get out and start drying off with a towel that’s suddenly too rough!

The most relaxing bath temperature is usually only a few degrees above body temperature.

Beware The Slippery Tub Bottom

If you use bath oil, watch out! You will get a layer of oil at the bottom of your tub, and this can lead to an accident.

8 BATH RECIPES

Most of these recipes are in batches of 4 servings, 2/3 cups each.

TIGER BALM BATH SALT

2 2/3 cups Epsom salt
1/2 cup dendritic salt
1/2 tsp [menthol crystals](#) (won't measure cleanly, just guess.)
1/8 tsp each of: clove, rosemary, black pepper, eucalyptus essential oils.

This recipe is a variation on the basic bath salt and has muscle relaxing properties. The clove oil may irritate sensitive skin. It doesn't bother me, but individual tolerances may vary. I will be honest - this bath smells medicinal. You can add fragrance to try to offset the Vicks Vapor Rub quality, but it might make it worse.

It works on the same principle of Icy Hot and similar sports rubs. The combination of the hot water, hot essential oils (clove and black pepper), and cooling ingredients (methol and eucalyptus oil) increase circulation. I use 2/3 cups per bath, but you might want to start out with 1/4 cup. It can be eye-wateringly strong.

FIZZING BUBBLE BATH POWDER

2 cups baking soda
1 cup [citric acid](#)
1/8 cup (2 tablespoons) [sodium lauryl sulfoacetate](#) (don't be scared by the name, it just makes bubbles.)
1/2 teaspoon fragrance (I think fruity scents go with bubbles, so try something like Red Apple, Mango, or even Coconut)
Color if desired

The combination of baking soda + citric acid is what makes this powder fizz. The reaction only lasts a few seconds, but it's cool. The rest of the drama comes from the sodium lauryl sulfoacetate, a white powder that makes bubbles. This recipe is very bubbly; if it's too much for you, try only one tablespoon.

This stuff is powerful, but very gentle for the skin. Don't get scared off from using it by the chemical name. It can be used in amounts up to 50% of your total product (but don't do that - it'll be like a comedy routine with neverending bubbles.)

If this powder tends to be a bit sticky or starts to cake up, try adding arrowroot powder (from a health food store) to absorb some of the moisture.

If you don't want it to bubble, just take out the sodium lauryl sulfoacetate.

BURT'S BEES BUTTERMILK BATH KNOCKOFF

2 cups dry (powdered) milk (nonfat or whole)
1 cup dry (powdered) buttermilk (nonfat or whole)
1/2 teaspoon fragrance or lavender or chamomile essential oil

Milk baths are some of the most marked-up products ever. The Body Shop has one cup of this stuff for \$12.00. Burt's Bees is \$16. This is exactly like Burt's Bees - just milk and fragrance.

If you use nonfat milk, your skin won't be oily afterward. But if you use wholefat milk, you will get the natural moisturizing power. It's all up to your skin type.

Milk has a scent on its own, and your choice of fragrance should compliment it, not contrast with it. Chamomile and lavender essential oils make great bath fragrances.

If you can't find buttermilk powder at the regular grocery store, you can definitely find it at a health food store. Whole Foods carries Bob's Red Mill products, and they have powdered buttermilk.

People with lactose intolerance or milk allergies shouldn't try this recipe. If mixture is too oily, try 1/4 cup of Natrasorb to soak up the oil.

MOISTURIZING OATMEAL & HONEY

2 1/2 cups oat flour - not whole oats. If you can't find oat flour, use a blender or food processor and make your own. I've done it; it works surprisingly well.

1/2 cup powdered honey
1/2 teaspoon edible-type fragrance (vanilla, chocolate, etc)

Honey is a humectant; it attracts water to the skin, making it moist. It also makes your bath powder sticky, so keep it airtight. If it gets sticky, try arrowroot powder or baking soda to improve the flow. The oatmeal is a time-tested treatment for dry skin, even severe cases, and eczema.

Honey has a strong scent. I recommend complimenting it with a honey, vanilla, or nutty fragrance oil. I recommend:

Oatmeal, Milk, and Honey: http://www.sweetcakes.com/product_info.php?cPath=7&products_id=139

Apothecary Vanilla: http://www.sweetcakes.com/product_info.php?cPath=4&products_id=497

Ginger Fig: http://www.sweetcakes.com/product_info.php?cPath=5&products_id=440

If mixture is too oily, try 1/4 cup of Natrasorb to soak up the oil.

HEAVY ROSE BATH OIL

- 1 cup sweet almond oil
- 1/2 cup avocado oil
- 1/2 cup jojoba oil
- 4 teaspoons heavy rose fragrance

The serving size is 2 tablespoons, which will give you a lot of moisturizing power. When you get out of the bath, it will coat you with a thin layer of oil, so you may want to shower to rinse off, or dry yourself with an old towel.

The rose scent will stay on you for a long time. I usually use a fragrance like MMS's plain Rose:

<http://www.thesage.com/catalog/FragranceOils.html#RoseFragranceOil>

MMS also has a masculine rose-based fragrance that is very interesting, though not a strong floral.

<http://www.thesage.com/catalog/FragranceOils.html#SomaliRoseFragrance>

You may be wondering if there is a rose essential oil. There is... sort of. Rose comes in "absolute" form, which is semi-solid and extremely concentrated - stronger than fragrance or essential oils. If you want to try "real" rose, try [New Directions Aromatics' 3% dilutions in jojoba oil](#). 1/2 ounce is 3 teaspoons, by the way.

SEAWEED MOISTURIZING SALT BATH (KNOCKOFF - AURA CACIA PACKETS)

- 3 cups sea salt, Epsom salt, or Dead Sea Salt
- 1/2 cup jojoba oil or avocado oil
- 3 teaspoons [powdered seaweed](#)
- 1 teaspoon high-class skin care fragrance

The serving size is 1/4 cup (there are around 12 - 16 servings in this recipe), which is about what you get in those foil envelopes for \$2.99. This isn't enough salt per bath to have any kind of therapeutic value, but it lends textural interest.

Powdered seaweed extract has gotten a cult following in skin care; it's rich in iodine, of course, as well as a ton of other vitamins and minerals. It's used a lot in natural face masques because it is an antioxidant. According to Paula, the Cosmetic Cop, claims that it reduces wrinkles are completely unfounded.

The reason for using it in baths is the same as Dead Sea Salt; your skin is supposed to absorb the good stuff. Remember not to make your bath water too hot, otherwise your pores will close and you won't absorb anything.

Of course, you can use essential oils to scent this natural-type bath - just recalculate your amounts.

Variation: use mango butter instead of oil for a more solid bath.

THYMES-STYLE FOAMING MILK BATH

1 cup baking soda
1 cup powdered milk
1 cup fine Epsom salt
1/3 cup dendritic salt
1/2 teaspoon high-class fragrance (suggestions below)
1/8 cup sodium lauryl sulfoacetate

This recipe is adapted from The Thymes envelopes. They have a few ingredients that I don't really care for, such as a water softener that irritates my skin and titanium dioxide to turn the water white, making you think that there's a lot of milk in the product.

There isn't much milk at all. In fact, The Thymes 2 ounce bath envelopes are just for fun - all foam and very nice scent. That's not to say they're bad, but I prefer my bath recipes to be a bit more substantial.

The Thymes' Eucalyptus duplicate fragrance: http://www.sweetcakes.com/product_info.php?cPath=5&products_id=266

Estee Lauder Aliage duplicate fragrance: http://www.sweetcakes.com/product_info.php?cPath=4&products_id=424

Spa Fusion: <http://www.thesage.com/catalog/FragranceOils.html#SpaFusionFragrance>

SHOWER COLD & FLU SPRAY

1 1/4 teaspoon peppermint or eucalyptus essential oil
Mineral oil or other light oil (doesn't have to be anything fancy, just not too thick.)
High-class container (try aluminum spritz bottles)

This is a gimmicky product that is surprisingly useful. I don't remember where I saw it, but I got one for myself. I couldn't resist the high-class bottle and justified it as research!

What you do is spray it onto your shower wall as you run the water, and it creates peppermint or eucalyptus-scented steam. This is wonderful when you have a cold, though use too much and it can be staggering. Both peppermint and eucalyptus oil have a lot of menthol in them, which is what creates that head-clearing effect.

Do not spray this on any part of your body, especially your face. Your eyes will be watering for days.

You can round out the peppermint or eucalyptus with lavender or rosemary essential oil. I like both peppermint and eucalyptus on their own, but it might be a little much for you.

And of course, you can use water / Polysorbate 20 instead of oil, as shown in the Popular Bath and Body book.

DESIGNING YOUR OWN RECIPES

These recipes are just the starting point; the fun part is inventing your own. Here are some ideas to get you started.

THE GOAL OF YOUR BATH FORMULA

The first thing to think of when inventing your own bath recipes is your goal. What properties do you want your bath to have? What's the most important aspect? Interview yourself for possibilities, not worrying about expense or practicality.

I'm not going to go through every possibility in the sections ahead, just the most important. I give you guidelines to help you on your way, but these lists are far from complete.

They are just some things to consider, and in my experience, things that potential buyers consider before buying products! My experience doing sales and marketing for a bath and body company taught me many things about scent and psychology! Whether they're true or not, you should be the judge.

CHOOSING THE FRAGRANCE

The "first gate" for luxury bath products is always the scent. No matter what's in it, people won't buy it if they don't like the way it smells... or if they think the scent is not acceptable for the kind of person they are.

For Kids: Consider simple, sweet fruits: strawberry, raspberry, melon, lemonade, mango, green apple, etc. Kids' bath products are almost always bubble baths.

Spa-Types: These usually fall under ocean, rain, or "green" fragrances. They are complex, fresh blends that don't smell overly floral, but clean and classy. They often have a water-themed name.

Safe Adults: If you want to be safe, most adults like lavender, vanilla or both. Lavender and vanilla are appropriate for both men and women; the combination is a very soothing, calming blend.

Aromatherapy: Uses essential oils or essential oil blends. Claims aside, essential oils smell plant-like and natural, which many people find pleasant. I list some common, simple blends in the Popular Bath and Body book in the section on choosing fragrances.

Specifically for men: Toiletries for men are usually based on traditional herbal scents or traditional “cologne” type blends, like English Leather or Spicy Lime. Any kind of spicy citrus (not sweet), anything clean and not obviously floral, and herbal scents based on evergreens, woods, and spices are acceptable. Trust your nose - does it smell masculine?

Exotic or Sensual: Orientals, musks, heavy florals, and spices are considered sensual or exotic by most people. Using my fragrance blending trick from the Popular Bath and Body book, you can use a musk base with a floral on top for a clean, sensual fragrance.

Feminine: Feminine scents have a wide range, but usually it means anything sweet or floral, especially light florals. An oranges-n-cream blend, light rose and gardenia, and sweet chocolate are examples of scents that people would label as feminine.

FUNCTION

“What’s it do?” or “What is it for?” is an important question. Even if people are just using it as an excuse to take a long bath, they want to be reassured that their bath time is going to benefit them in some way. If you’re just making products for you - even better! I’m sure you have trouble justifying a long soak sometimes.

Muscle Relaxing: This usually means the use of mineral salts, either Dead Sea or Epsom. The heat from the bath and the mineral salts are what makes the bath muscle relaxing.

Calming: If you want an emotionally-calming bath, the fragrance is the most important. Lavender is the most popular ‘calming’ fragrance, but there is a range to choose from.

Skin-Soothing: Milk, oatmeal, and honey are soothing to the skin and are used in anti-itch baths (especially oatmeal.)

Moisturizing: For the most moisturizing bath, don’t use mineral salts - those are drying. The best are those that add oil to the skin, either bath oil, whole-fat milk, or both. You can add bath oil to a mineral salt bath to counteract the drying effects, too.

Fun: This usually means bubbles and foam! Funky packaging and naming also adds to the element of fun in a bath. Consider adding “weird stuff” to it - glitter, plastic flower petals (or real ones), seasonal items, and things like that.

SPECIAL INGREDIENTS

Sometimes, you might want to try a special ingredient out, either to enhance the function or mystique of your product. What’s more appealing - a moisturizing bath with milk, or a moisturizing bath with organic goat’s milk powder? The bath product industry has made an art out of this!

To find special ingredients, just keep your eyes open. Peruse the bath products in the grocery store - health food stores are especially good. Some of them will make you start to wonder where they come up with this stuff...

I simply cannot list all the special ingredients that you have to choose from; instead, I will give you some sample ideas so that you can understand what I'm talking about. Some of these ideas may be good, others may not be! Feel free to try any of them.

Awakening Shower Spray

Just like the sinus-blasting one in the recipes section, only this one would have a strong orange scent. I can get either "Fresh Squeezed OJ" fragrance oil, or I can go the Aromatherapy route and use something like Valencia orange oil. Maybe combine it with grapefruit? Mint?

Buried Treasure Kids' Bath

For kids who hate to take baths. A basic buttermilk bath base (see Burt's Bees knockoff in the recipes section), only with fake coins hidden in it. It would have to have a fun scent - maybe coconut or banana? Maybe best to package each serving individually to ensure that every one has coins in it.

Victorian Gentlemen's Bath Powder

Start with a baking soda / citric acid base with a Victorian Men's reproduction fragrance. A combination of lavender and lime should do it, maybe with a little vetivert thrown in to make it smoky. A lot of people do nostalgic Victorian stuff, but not for men specifically. Maybe package it in an old-fashioned tin.

Tropical Mango Bath Butter

I am dying to use mango butter in something, so I'm going to make a fancy moisturizing bath out of it. I'll use the recipe from the Aura Cacia knock-off and replace the oil with mango butter. Since I'll only use a couple finger-fulls at a time, the salt won't be functional. It will just be there to add texture and provide the mango butter with something to grab on to.

As for fragrance, mango alone is too fruity for me, so I'll go with half mango, half lime.

Sunburn Relief Bath

100X Aloe Vera Powder and powdered black tea could make a great sunburn relief bath. The tannins in tea are supposed to be soothing. I'd have to do some more research on this to see if it would actually work. The powders would dissolve in tepid water (no hot baths for sunburn relief!) Maybe a cooling element (camphor? cucumber?) would be good? Since this is skin care, I'd definitely want to get some expert advice.

PRACTICAL REFERENCES

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I indirectly went over these in the example recipes, but here are more details about how to get special effects in your bath recipes. Some may get it the first time, but presenting the information in many different ways is often helpful for the fastest learning.

ADDING MOISTURIZERS

You can make anything moisturizing by adding butters and oils to your bath recipe. Obviously, they will change the consistency of your product if you include them in any significant amounts.

Vegetable Oils

If you want to moisturize with a vegetable oil, you have a wide range to choose from! A few good choices are:

Avocado oil - Thick, rich, and creamy. Add this to bubble bath,

and it becomes a moisturizing foam bath. It is also great for hair.

Sweet almond oil - What many massage oils are based on. It's a medium weight, versatile oil.

Jojoba oil - Expensive, but an excellent choice. Jojoba oil is very similar to humans' natural skin and hair oil, so it is absorbed easily.

Butters

Butters are semi-solid and won't pour. For a bath, choose a butter that is "spreadable" at room temperature. Don't use cocoa butter. It is too hard at room temperature; to get it to melt, the bathwater has to be scalding hot.

Better choices are butters that start to warm and melt in the palm of your hand, like coconut oil or mango butter. Shea butter may be a good choice, but it is harder than you think. Whipped shea butter is still pretty firm at room temperature.

Mineral Oil & Petroleum Jelly

There has been a lot of hype and hysteria about mineral oil, but aside from allergies, it is not dangerous. According to the Cosmetic Cop, the rumors about it "smothering" your skin and clogging your pores are false. Many dermatologist-recommended ointments and salves are petroleum-based, such as Aquaphor.

MAKING SOMETHING BUBBLE

Dry: Sodium Lauryl Sulfoacetate

For dry ingredients, you only have one choice: Sodium Lauryl Sulfoacetate. This is a fine white powder that is very gentle on your skin, but that doesn't mean it's wimpy! It gives you a lot of foam. It's safe to use up to 50% of your product, but you will rarely need more than 5%.

5% of 1 cup is 2 1/2 teaspoons, by the way.

Wet: Sodium Laureth Sulfate, Sodium Lauryl Sulfate

For wet foaming ingredients, Sodium Laureth Sulfate and Sodium Lauryl Sulfate do the same thing... but if you want a pourable water-based bath mixture that bubbles, I would just get a bubble bath base.

You will end up making the exact same thing, only less stable. Both of these liquid ingredients tend to be irritating to people with sensitive skin, but there is a lot of overblown hype about their general evil-ness. Used in the proper amounts (1% - 5%), it should be no more irritating than soap (and probably less so.)

You can get Sodium Lauryl Sulfate from the Chemis-

try Store. Their website is an eyesore and hard to navigate. I cringe every time I look at it, but they have a ton of chemicals that are hard to find.

http://www.chemistrystore.com/sodium_lauryl_sulfate.htm

ADDING VISUAL INTEREST

Botanicals (Flower Petals)

Many people love the idea of flower petals and herbs floating in their bath. It's romantic... until you get out and everything sticks to you and the sides of the tub.

If you're going to add botanical elements into your bath products, keep it to a minimum. A few rose petals or lavender buds are all you need to make your products look romantic and natural, but still not be annoying.

If you make bath products as gifts or to sell, you might want to include a cheesecloth or muslin bag with it. That way, they have an easy way to strain it.

Off The Beaten Path

Why stop with rose or lavender? There are many cool things you can put in a bath mixture. My favorite way to do this is browse Oriental Trading Company's website.

OTC has so much fun stuff to put in dry bath mix (and even wet bubble bath, as long as you get the suspending kind. Otherwise, everything will sink to the bottom.)

<http://www.orientaltrading.com>

I will leave the joy of discovery for you, but here are some of the things I found:

- small "silk" petals and flowers
- autumn leaf foil confetti
- plastic jewels
- foam snowflakes

Glitter

Glitter. Some people love it, some people hate it. I know one thing - the combination of glitter and moisturizing oil is *tenacious*. It stays on you, on your towels, in your pajamas, in your sheets for days, if not weeks.

It can be really fun to add glitter to your bath products... just make sure you warn people! I had a bubble bath with glitter in it, and I always looked like I'd just gotten back from a rave.

Suspension Bases

Suspension - or suspending - shower gel or bubble bath base is essential if you want to float stuff in your liquid bath products. It means that your glitter, flower petals, or whatever else you make doesn't sink to the bottom, but stays suspended. Makes sense, right?

There are a few places that carry good suspension bases. Here are some links:

http://www.saveonscents.com/index.php/cPath/12_107

[http://www.brambleberry.com/soapbases.](http://www.brambleberry.com/soapbases.html#suspendingliquid)

[html#suspendingliquid](http://www.brambleberry.com/soapbases.html#suspendingliquid)

Now, Go For It!

Bath recipes are some of the easiest products, yet they are the most marked-up in price! Perhaps it's because we're a shower nation, and taking a bath is only something most people do once in a while - a luxury.

Ask any writer, and they'll tell you that no book is ever done; there are only deadlines. It is the same with the Popular Bath and Body book and this expansion chapter. If you think there is something I left out or you have questions, please email me at my home email address:

cat_bathbody@yahoo.com

ABOUT THE CORE BOOK: “HOW TO MAKE POPULAR SCENTED BATH AND BODY PRODUCTS FOR BE- GINNERS”

This chapter is an extension to the core book, which teaches you how to make professional-level scented bath and body products, such as shower gel (and bubble bath), body scrub, body lotion, and more.

Unlike other do-it-yourself bath and body product instruction, I advocate the use of unscented bases rather than making things from scratch. Most people who make bath and body products just want a nice, consistent end result - not to do things the hard way!

I believe that using unscented bases is essential for the hobbyist/seller, who needs consistent, commercial-quality products on a deadline above all things. Sellers can't afford to have a batch go wrong the day before a craft fair, but that happens all too often when making products from scratch.

I also recommend it for the beginner, who can easily get discouraged when dealing with emulsions, saponification, and especially hot-process liquid soap. Starting with unscented bases gives the beginner confidence combined with profession-

al quality products. It is the gentlest way to get started.

For the intermediate bath and body formulator, more times than not, you end up making a basic lotion or soap, adding a special ingredient or two, and scenting it - exactly what you would do using bases. It is also good for falling back on when you just need a nice product, and none of your from-scratch attempts are working out.

My book provides step-by-step instructions for making high-quality bath and body products with unscented bases, complete with professional photos. I touch on the most popular products and give you the basic recipes for each of them.

Perhaps what is even more valuable is the amount of research time I save you with the core book. Instead of leaving you to your own devices combing the net for good suppliers, I point you to the most trusted, highest-quality suppliers. When you use these suppliers, you will end up with products better than Bath and Body Works, and at half the cost.

If you don't have “How To Make Popular Scented Bath And Body Products For Beginners,” it is published and sold through ClickBank. You can read more about it on my website, The Excellent Living Guide.

<http://www.excellentlivingguide.com/easyway.html>