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## ACTIVITY #2

### HOMEMADE BUBBLE BATHS FOR YOUR VERY OWN SUPER GLAMOROUS TUBTIME!

There's nothing so nice and awesomely relaxing as soaking in the tub at home—so here are tips for some fabulously fun-to-make sweet smelling and bubbly bath recipes!

How do you make your own bubble bath? It's easy! Most of the inexpensive ingredients for bubble bath--like essential oils, glycerin and distilled water--can be found at your local natural food or grocery store.

Essential oils from the health food store give your bath its delicious scent. They come from the essences of flowers and other natural herbs. Lavender, sandalwood and chamomile are popular oils that are soothing and relaxing. Choose peppermint, spearmint or lemon oil for a more stimulating soak.

Homemade baths are simple, healthy, natural and fun. And they smell great!  
Here's all you need to get started:

#### BASIC BUBBLE BATH

Mix together in a large container:

4 cups distilled water

1 bar castile soap (grated into flakes) or 1 cup of pure soap flakes

1/2 cup liquid glycerin

Then add 4-5 drops of your favorite flavored essential oil to make the delicious bath scent of your dreams. Take a walk through the health food store to explore the choices: vanilla oil, orange, peppermint, rose, jasmine, spearmint, peppermint or eucalyptus. Choose one or a combo of scents and relax into utterly bubbly relaxation! Save the different flavors in small glass or plastic containers. Try a few of these bath ideas at home to see which ones are best for you. You're gonna love them!