

IDEAL

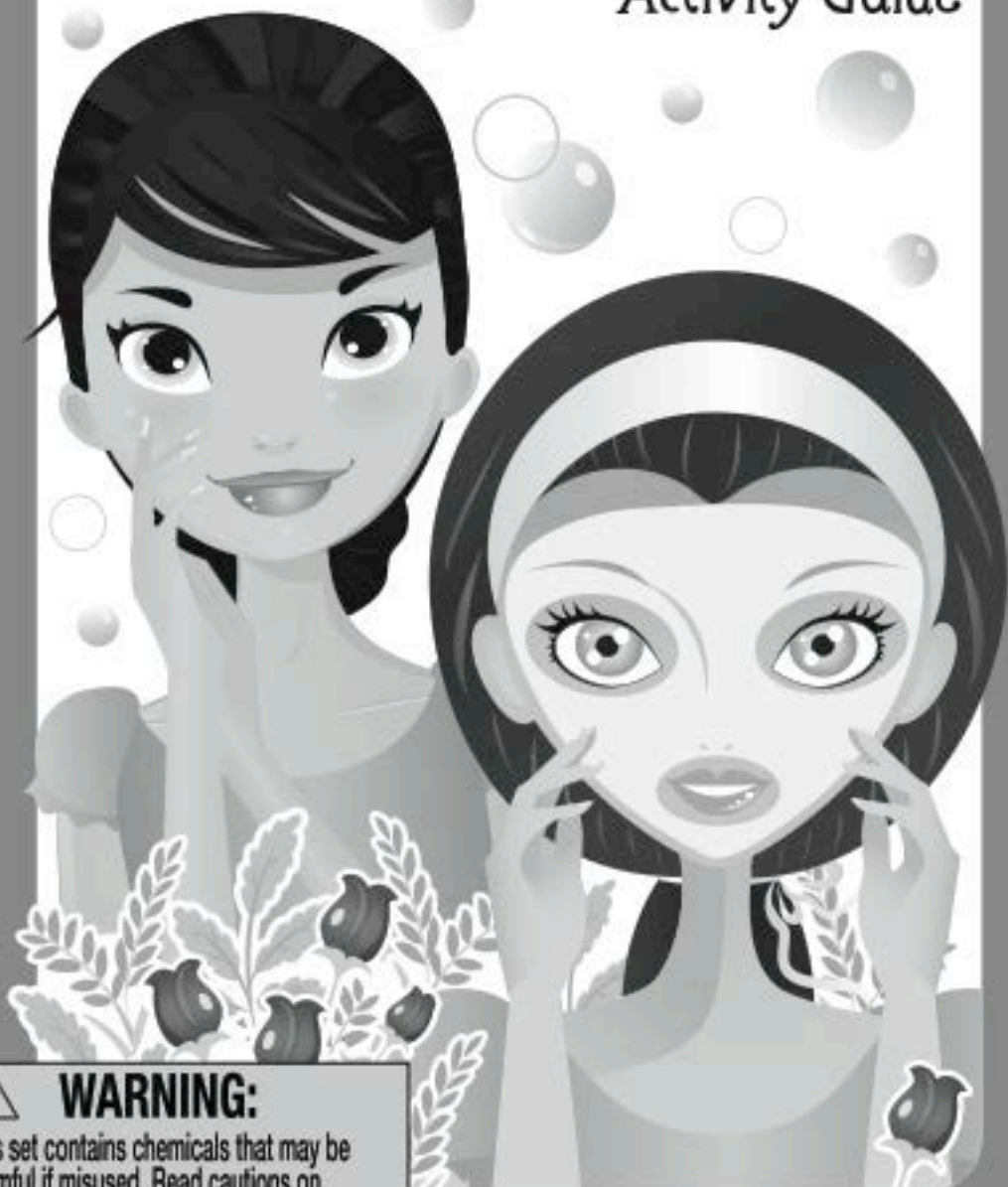
SpaLala

8+

Adult Supervision Required

Exotic Bath Kit™

Activity Guide



WARNING:

This set contains chemicals that may be harmful if misused. Read cautions on individual containers carefully. Not to be used by children except under adult supervision.

Mix relaxing bath
and body indulgences.

Get Ready to Experience Some Spa Sensations!

Welcome to your Spa-La-La™ Exotic Bath Kit™! It will be fun and exciting to create things your skin and nose will love. Mix and blend scents to make bath oils, face scrubs, and many more cool bath products all your own.

Test your scents in the tub or share your sweet smelling lotions and soaps with friends!

What's included in your Kit:

Sea salt	Peppermint essential oil
Oats	2 Pipettes
Baking soda	1 Glycerin heart shaped soap bar
Citric Acid	1 Muslin bag
1 Bag of Dried roses	Lavender essential oil



Other things you will need:

Water	Grater	Honey
Mixing bowl	Foot-sized plastic bags	1 Ripe banana
Plastic container with lid	Microwaveable dish or small saucepan	2 Strawberries
Mixing spoon	Microwave or stovetop	Sunflower oil
Measuring spoons	Airtight jar	Ground almonds or cornmeal
Measuring cup	Food coloring (optional)	Brown sugar
Plastic cup	Dried Herbs (optional)	Clean towels
Fork	Lemon juice	Washcloth
Food processor, hand chopper, or blender	Yogurt	Headband

ADULT SUPERVISION REQUIRED

WARNING:

Watch carefully while mixing. When water is added to a mixture of citric acid and baking soda, the mixture will quickly and intensely bubble. If the container is sealed, it can build pressure and burst. Always use open (unsealed) containers such as cups or bowls when working with mixtures of citric acid and baking soda near water.

Essential oils and rose petals can ignite and burn when exposed to a flame.
Keep these items away from an open flame.

RELAXING BATH BLENDS

Baths are a great way to unwind after a long day. With these recipes your baths will be just like the ones in a spa getaway!

Activity #1: Fizzing Bath Balls

Make a bath ball that fizzes in your bath water. Fizzy fun!

What you'll need from your Kit:

- 1 Pipette
- 2 Tablespoons citric acid
- $\frac{2}{3}$ Cup baking soda
- 6 Drops of essential oil (your choice)

Other things you will need:

- Mixing bowl
- Mixing spoon
- Measuring spoons
- Measuring cup
- 1 $\frac{1}{2}$ Teaspoons water
- Dried herbs (optional)
- Plastic cup
- Food coloring (optional)

WHAT YOU DO:

Step 1:

Put in the mixing bowl: $\frac{2}{3}$ cup of baking soda, 6 drops of essential oil, 1 $\frac{1}{2}$ teaspoons of water, and any dried herbs you want to use. Use your fingers to blend the mixture well.

Step 2:

Add two tablespoons of citric acid. Mix well again.

Step 3:

Mold into bath balls. Pick up a small amount of the mixture with your hand. Pack it tightly like a snowball, adding more as it gets firm. Make your bath ball about the size of a golf ball.

Step 4:

Make four or five bath balls.

Step 5:

Let bath balls sit in a dry place for at least an hour before using. When you are ready for a fizzy bath, fill up the tub and drop in a bath ball.

Activity #2: Liquid Bath Fizzer

Here's another way to make a fizzy bath. Relax and enjoy!

What you'll need from your kit:

6 Teaspoons baking soda
3 Teaspoons citric acid
Essential oil (optional)

Other things you will need:

Plastic cup
Mixing spoon
Food coloring (optional)

WHAT YOU DO:

Step 1:

Fill plastic cup with 6 teaspoons of baking soda. Add 3 teaspoons of citric acid. Stir with spoon to mix well. You may also add a few drops of essential oil or food coloring for an extra special bubble bath!

Step 2:

When you are ready for a bubbling bath, pour some of your mixture into the water. Watch your bath fizz and bubble!



Activity #3: Rose Oat Infusion

Nothing is more relaxing than a warm bath infused with the subtle scent of oatmeal and rose petals. Ahhh...

What you'll need from your kit:

.....
1 Cup oats Muslin bag
¼ to ½ Cup
dried roses

Other things you will need:

.....
Airtight jar
Measuring cup



Step 1:

Combine oats and dried roses in the jar. Store the mixture in the jar until you are ready to use it.

Step 2:

To use: fill the muslin bag about ¾ full with the mixture and tie it closed.

Step 3:

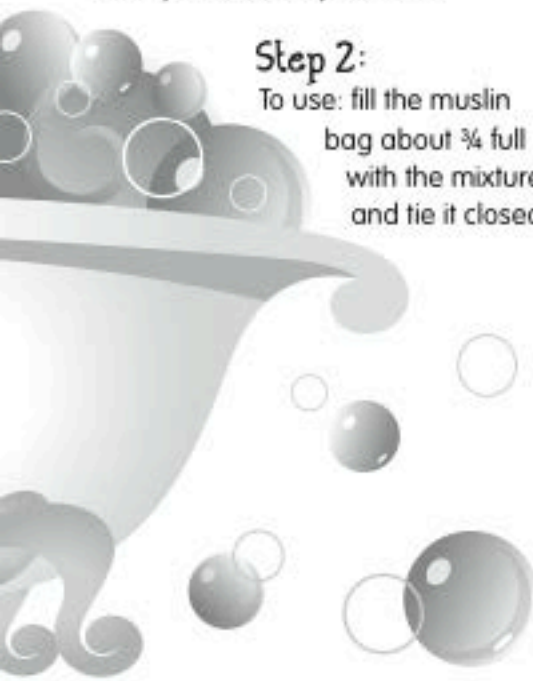
Prepare a hot bath. Drop the bag in the tub. Let it soak in the water for a few minutes.

Step 4:

You can rub the bag on your skin like a washcloth to get the full softening benefits of the oats. You can also squeeze the bag to release more of the scent from the roses into the water.

Step 5:

After your bath, empty the contents of the bag into the trash. Then turn the bag inside out and rinse it well. Hang it up to dry until you are ready to use it again.



Activity #4: Oatmeal Soap

This oatmeal soap bar will exfoliate and gently soothe your skin. Use it at bath time for a true spa-like experience!

What you'll need from your kit:

.....
¾ Cup oats
Glycerin heart shaped soap bar

Other things you will need:

.....
Water
Mixing spoon
Measuring spoons
Measuring cup
Grater
Food processor, hand chopper, or blender
Microwave safe dish or small saucepan
Microwave oven or stovetop



Step 1:

Ask an adult to help you grind up the oats in a food processor, hand chopper, or blender. The mixture should be a little bumpy, not totally smooth.

Step 2:

Grate the soap into small slivers and place them in the microwave safe bowl (or small saucepan if you are using the stovetop). Add one to two tablespoons of water and microwave on high (or stir over medium heat on the stovetop with the help of an adult) for one minute. Stir the soap and water together. The soap should be the consistency of pudding. If the soap is not soft enough, heat for one more minute, or until it is soft enough. Be careful that the soap does not bubble over the edge of the bowl.

Step 3:

Gradually add ½ cup of ground oats, mixing with a spoon until it is a thick paste.

Note: Save the rest of the oats for Activity #5.

Step 4:

Let the mixture sit until it is cool enough to touch. Use your hands to form one or two balls. Let the soap balls dry for 24 hours. Putting them in the fridge will help them harden.



OATMEAL SCRUBS

Oatmeal is used in facial scrubs to soften and smooth the skin. It also has cleaning and scrubbing super powers!

Activity #5: Oatmeal Face Scrub

Lemon juice gives your skin a tingly feeling. Yogurt makes your skin feel cool. Sounds good already!

Note: You can substitute goat yogurt if you are sensitive to dairy products.

What you'll need from your kit:

.....
1 tablespoon ground oats
(from the last activity)

Other things you will need:

.....
1 teaspoon Measuring
lemon juice spoons
2 teaspoons Mixing spoon
yogurt Headband
Small mixing (optional)
bowl Clean towel

WHAT YOU DO:

Step 1:

Put one tablespoon of ground oats, one teaspoon of lemon juice and two teaspoons of yogurt in the mixing bowl and mix together well.

Step 2:

To apply to face, pull hair back (use a headband if you would like) and splash your face with warm water. Scoop the scrub onto fingers and rub it into your face using small circular motions. Press very lightly. Don't get near your eyes. If you get some scrub in your eyes, rinse them immediately with water.

Step 3:

Rinse your face with warm (never hot) water and pat it dry with a clean soft towel.

Step 4:

Throw away any unused scrub.



Activity #6: Oatmeal Banana Foot Scrub

Believe it or not, banana makes your skin super soft!

What you'll need from your kit:

2 Tablespoons oats
(not ground)

Other things you will need:

1 Ripe banana Measuring spoons
¼ Cup ground Measuring cup
almonds Foot sized
or cornmeal plastic bags
Mixing bowl Clean towels



Step 1:

Put 2 tablespoons of oats and ¼ cup of ground almonds or cornmeal in the mixing bowl. Peel the banana and add it to the bowl. Mash the banana into the mixture and mix it together with your hands. Goopy fun!

Step 2:

Rub the scrub all over your feet.

Step 3:

To make your feet even softer, place each banana-covered foot in a separate plastic bag and wrap them in warm, damp towels for about five minutes.

Step 4:

Rinse and dry your feet.



Activity #7: Oatmeal Honey Mask

Oatmeal softens your skin and honey makes it moist.
Both smell really good!

What you'll need from your kit:

.....
3 tablespoons oats
(not ground)

Other things you will need:

.....
2 Tablespoons honey
Mixing bowl
Mixing spoon
Measuring spoons
Washcloth
Headband (optional)



WHAT YOU DO:

Step 1:

Put three tablespoons of oats and two tablespoons of honey into mixing bowl. Mix them together.

Step 2:

To apply, pull hair back (use a headband if you would like) and wash your face so it is nice and clean.

Step 3:

Run a washcloth under warm water and squeeze out excess water. Hold it on your face for about ten seconds. That feels so good!

Step 4:

Apply the mask all over your face, but not near your eyes. Lie back, relax, and let the mask work for 10-15 minutes. If it starts to feel itchy or uncomfortable, go to step 5.

Step 5:

Rinse the mask off. If your mask is really chunky, use a washcloth to gently wipe it off your face. Shake the bits of mask into the trash.

Step 6:

Throw away any unused mask.

SALT & SUGAR SCRUBS

A good salt or sugar scrub gives your skin energy and makes it shiny. It's like exercise for your skin!

Apply a scrub while you are in the bath or shower. Rub small handfuls of the scrub in circles all over your body. Don't forget your elbows and heels. Scrubs are not for your face and other sensitive skin, or on cuts and scratches.

Rinse off the scrub when you're finished.

Note: If you use up all your sea salt, you may substitute ordinary table salt.

Activity #8: Essential Oil Salt Rub

The pretty scent of essential oils in this salt scrub will linger on your skin long after your bath is over!

What you'll need from your kit:

.....
½ cup sea salt
1 or 2 drops of
essential oil
(your choice)

Other things you will need:

.....
Mixing bowl
Measuring cup
Plastic container with lid



WHAT YOU DO:

Step 1:

Choose an essential oil.

Step 2:

Pour the salt in the bowl and add the essential oil. Use your hands to mix together well. It feels good and smells good already!

Step 3:

Store the mixture in a covered plastic container until you're ready to use it. Leftovers can be stored in refrigerator for up to one month.

Activity #9: Strawberry Salt Rub

Strawberries add a fruity scent that will leave you smelling super sweet!



What you'll need from your Kit:

.....
½ cup sea salt

Other things you will need:

.....
2 Strawberries (without the green tops)
1 ½ teaspoon sunflower oil
Mixing bowl
Measuring cup
Measuring spoons
Fork
Plastic container with lid

WHAT YOU DO:

Step 1:

Pour the salt into the bowl.
Add the strawberries and oil.

Step 2:

Mash together with the fork. Use your hands if it helps to really blend the strawberries into the salt.

Step 3:

Store the mixture in a covered plastic container until you're ready to use it. Leftovers can be stored in refrigerator for up to one month.

Activity #10: Brown Sugar & Honey Rub

Honey is made by bees to nurture their babies.
And it's good for you too!

What you'll need from your Kit:

.....
½ cup sea salt
1 or 2 drops of essential oil (your choice)

Other things you will need:

.....
1 ½ teaspoons brown sugar
1 ½ teaspoons honey
Mixing bowl
Mixing spoon
Measuring spoons
Plastic container with lid



Step 1:

Pour ½ cup salt into the bowl.
Add essential oil, 1 ½ teaspoons sugar, and 1 ½ teaspoons honey.

Step 2:

Use a spoon or your hands to mix the ingredients really well.

Step 3:

Store the mixture in a covered plastic container until you're ready to use it. Leftovers can be stored in refrigerator for up to one month.

