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Instructions

Bath Bombs

Create **FAB**
Fizzy Bath Bombs

WARNING!

Not suitable for children under 8 years.

For use under adult supervision.

Contains some chemicals which present a hazard to health.

Read these instructions before use, follow them and keep them for reference.

Do not allow chemicals to come into contact with any part of the body, particularly the mouth and eyes.

Keep small children and animals away from the experimental area.

Store the experimental set out of reach of children under 8 years of age.

Contains some chemicals which are classified as a safety hazard. Read these instructions before use, follow them and keep them for reference. Do not allow chemicals to come into contact with the eyes or mouth. Do not inhale the dust or powder. Keep young children and animals away from the experimental area. Store this set in its original packaging out of reach of children under 8 years of age. Clean all equipment after use. Make sure that all containers are fully closed and properly stored after use. Ensure that empty containers are disposed of properly (in household waste or plastics recycling). Wash hands after carrying out the activities. Do not use equipment which has not been supplied with this set or recommended in the instructions for use. Do not eat or drink in the area in which you are carrying out the activities. Always use the protective gloves provided when handling the chemicals. Safety equipment for supervising adults is not included.

Advice for supervising adults

Read and follow these instructions, the safety rules and the

first aid information, and keep them for reference. The incorrect use of chemicals can cause injury and damage to health. Only carry out those experiments which are listed in the instructions. This experimental set is for use only by children over 8 years. Because children's abilities vary so much, even within age groups, supervising adults should exercise discretion as to which experiments are suitable and safe for them. The instructions should enable supervisors to assess any experiment to establish its suitability for a particular child. The supervising adult should discuss the warnings and safety information with the child or children before commencing the experiments. Particular attention should be paid to the safe handling of acids and alkalis. The area surrounding the experiment should be kept clear of any obstructions and away from the storage of food. It should be well lit and ventilated and close to a water supply.

First Aid information

In case of eye contact, wash out eye with plenty of water, holding the eye open if necessary. Seek immediate medical advice. If swallowed, wash out mouth with water, drink some fresh water. Do NOT induce vomiting. Seek immediate medical advice. In case of inhalation, remove person to fresh air. In case of skin contact and burns, wash affected area with plenty of water for at least 10 minutes. In case of doubt, seek medical advice without delay. Take the chemical, its container, and this leaflet with you. In case of injury always seek medical advice.

Ingredients: Sodium Bicarbonate, Citric Acid, Glycerin, CI 15985 FD&C Yellow 6 / Yellow 3, CI 42090 (FD&C Blue 1)



May Cause Irritation To Eyes

Please add the telephone number of your local poison centre or hospital here:

Contents

- 50g Sodium Bicarbonate (with red colorant)
- 50g Sodium Bicarbonate (with blue colorant)
- 50g Citric Acid
- 1 x 5ml glycerine
- 2 x Spoon (Pink & Blue)
- 1 x Plastic Pipette
- 1 x Plastic Rod
- 2 x Bath Bomb Moulds (2 Piece)
- 1 x Beaker
- 1 x Pair of Gloves
- Gift Tags and Gift Bags



Instructions

Bath Bombs



What are Bath Bombs?

Bath bombs add a bit of fizz to bath time! When dropped into the bath water, they gently fizz, releasing a little colour into the water (and perfume, if you use scented bath bombs). Not all the bubbles in the fizz escape immediately. The smallest bubbles stay in suspension in the water and, even though you can't see them, they make the water feel softer against your skin!

Bath Bombs are made from sodium bicarbonate (a common raising agent used in baking) and citric acid (the acid found in lemons and oranges). Any acid could be used to make the sodium bicarbonate fizz, but we are using citric acid because it is not a very strong acid, so it will not start to react with the sodium bicarbonate before it gets wet in the bath, and its acidity will also be neutralised by the sodium bicarbonate, leaving a bath that is kind to your skin.

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Making a Bath Bomb

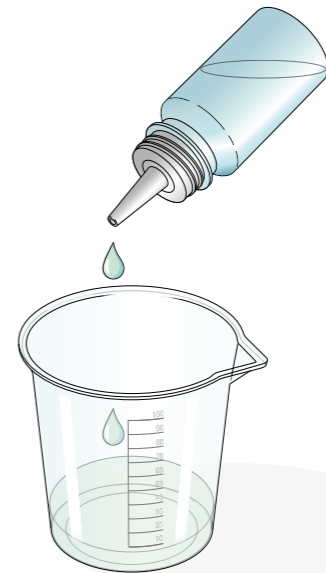
First put on your gloves (although the citric acid is not particularly strong, it can irritate your skin, and will really sting if it gets into any little cuts).

Use red sodium bicarbonate to make pink bath bombs, and blue sodium bicarbonate to make pale blue bath bombs.

Open one of the bottles of sodium bicarbonate and spoon out two heaped teaspoonsful of sodium bicarbonate into the plastic beaker. Close the bottle and open the citric acid bottle. Use the other teaspoon to spoon out one heaped teaspoonful of citric acid into the beaker.

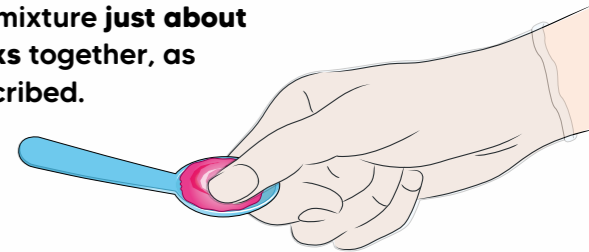


Stir the mixture until it is well mixed, then add two drops of glycerine. Be careful not to add too much glycerine, or your mixture will be too wet to mould!

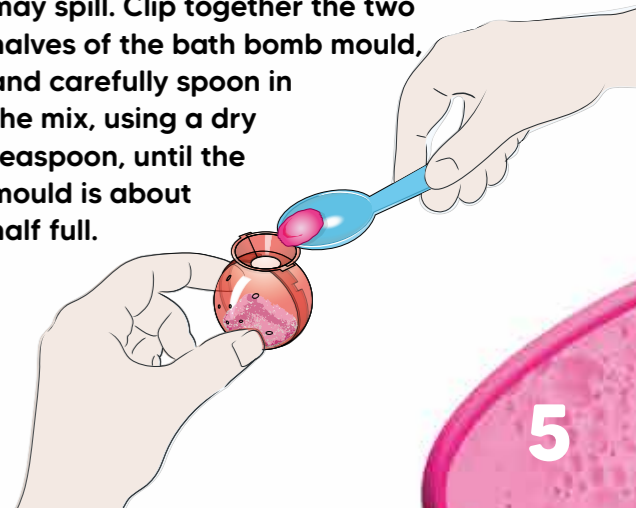


The mixture should have just enough glycerine in it that it remains looking like a dry powder, but just about sticks together in a lump if you press it firmly into the bowl of the teaspoon with your finger.

If it is still too dry, you can add more glycerine one drop at a time until the mixture **just about sticks together**, as described.

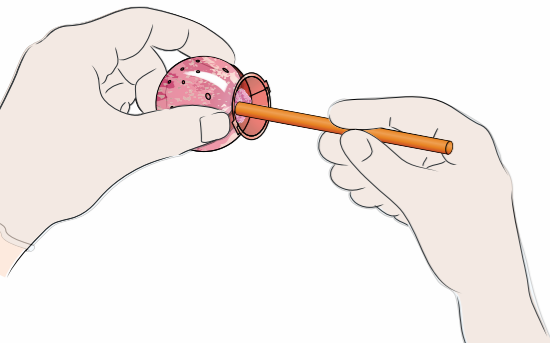


Put a sheet of paper or an old magazine on the table and work over this so that you catch any bath bomb mix that you may spill. Clip together the two halves of the bath bomb mould, and carefully spoon in the mix, using a dry teaspoon, until the mould is about half full.



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Use the plastic rod to pack the mixture firmly into every corner of the mould. Add one more teaspoonful of mixture, then pack it down again.



Repeat this process until the mould is full and firmly packed.

Carefully open the mould and ease the bath bomb out.



You can use the bath bombs straight from the mould, but if you leave them to dry in a warm place (such as on a sunny windowsill or near a radiator) for a few hours, they become harder and easier to handle.

Test your Bath Bomb

Once you have made your first bath bomb, it is time to test it! Half-fill a sink or basin with warm water and drop in your bath bomb. It should gently fizz. Can you see the bubbles of carbon dioxide in the water?

Now you are ready to try your bath bombs in the bath!



Troubleshooting

If the bath bomb starts fizzing in the mould, your mix was too wet. You will need to start again with a dry mould.

If your bath bomb crumbles into powder as soon as you open the mould, your mix was too dry. Tip the mix back into the beaker and stir in another drop of glycerine, then repack the mould.

If your bath bomb splits into two halves, it was probably packed too tightly. Tip it into the beaker, stir the mix until it is loose again, then repack the mould.

If your bath bomb breaks into lumps, it was probably unevenly packed in the mould. Tip it into the beaker, stir the mix until it is loose again, then repack the mould.



Luxury Bath Bombs

To make really special bath bombs, add a drop of your favourite perfume to the dry ingredients before adding the glycerine. They will smell great, and the fragrance will be locked into the bath bomb as it dries, so it is released in the bath. For a special look, you could try making a bath bomb that is half pink and half blue!



Bath Bomb Gifts

Bath Bombs make lovely gifts. We have included beautiful gift bags and tags in the kit so you can gift bath bombs to your friends and family and make them happy!



Mobile Phone Holder

Included in your Fablab kit is a mobile phone holder, which lets you easily view our cool “how-to” videos packed with exciting content to discover new techniques and styles.



Simply place your phone into the holder and go to our channel at [youtube.com/fablabuk](https://www.youtube.com/fablabuk).

Share your favourite designs!

We would love to see your creations! Share your cool bath bombs with us on social media by mentioning or tagging [@fablabuk](https://www.instagram.com/fablabuk)