

Flowers

Recipe: Bath Beads

Dissolve one or two beads in a warm bath to release the scent of roses along with the skin-softening oil and milk. These are also perfect for gifts. (Ask an adult for help with this recipe.)

MAKES APPROXIMATELY 12 BEADS.

Ingredients:

- ¼ cup powdered milk
- 2 tablespoons
- powdered borax *
- 2 tablespoons white flour
- ¼ cup rose or lavender water
- 1 drop of red food coloring (or red and blue if you want purple beads)
- 10 drops of rose or lavender fragrance oil
- 2 teaspoons mineral oil

DIRECTIONS:

1. Combine dry ingredients in a bowl and stir until thoroughly mixed.
2. Add the liquid ingredients and stir until a thick dough is formed.
3. Roll a teaspoon of the dough into a ball with your hands.
4. Continue to roll each ball of dough, and place on waxed paper or a foil-covered cookie sheet to air-dry at room temperature for 24 hours.

Bath beads may be stored in an open basket, decorated jar, or decorative fabric pouch.

* Borax may cause skin irritation. Caution should be used when mixing with other ingredients to avoid inhalation.