



INGREDIENTS

(measure ingredients with a scale to ensure precise measurement)

3.90 oz White Kaolin Clay*
15.90 oz Citric Acid Powder*
31.95 Baking Soda (Sodium Bicarbonate)
1.65 oz Essential Oil (blend or single scent)*

EQUIPMENT

Silicone Mold Tray
1 Large Mixing Bowl
1 Scale
1 Sifter (optional)
1 Spray Bottle with either Rubbing Alcohol or Witch Hazel
1 Wire Whisk
1 Cookie Sheet
Gloves

RECIPE (TO MAKE 36 TABLETS)

Add Baking Soda, Citric Acid, and White Kaolin Clay to the mixing bowl.

Sift powders to remove any clumps and mix well.

Drizzle Essential Oil onto powders and mix with gloved hands.

While hand mixing, spray the powders with rubbing alcohol/witch hazel until mixture stays together when squeezed.

Press powders firmly into mold cavities and allow to harden. Remove from the mold and set aside on the cookie sheet.

NOTES

Underlined items include a link to purchase.
Items with an * are included in the \$10 material kit.