

# Life Skills Module:

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## Spa Products

**S**ound like a tempting way to spend a couple of hours?

**This project will show you how to master the art of creating personalized bath products for yourself and your friends!**

### WHAT WILL WE LEARN?

Anyone who has fun doing crafts and likes to pamper themselves will love this project. In this module you will learn the basics about making spa products, and follow recipes to prepare your own products.

### WHO CAN HELP?

A senior member, leader or parent can help you with this module. You should complete this module at your home or a helper's home, or you can use space at a community hall or in school.

### WHAT DO YOU NEED?

The recipes below outline the supplies and ingredients needed for each recipe. If you do not have the supplies on hand you may want to check with a leader or friend. You can find the ingredients at the grocery store or a craft store.

## More! More! More!

The web can be an excellent source of information and recipes for new spa product options. But be careful!

Not all recipes are created equally—some will not give you an acceptable product... others may encourage adding ingredients that sound like they might be okay but would not be of great benefit to your skin...others might just be a waste - like the recipe for pumpkin face mask that went moldy three days after making it.

For recipes that have been tested, consider visiting:

<http://www.canolainfo.org/cgi-bin/recipe/search.cgi> and √ the box next to spa.



The 'Avocado-Ginger Scrub' shown here is one more recipe taken from [www.canolainfo.org](http://www.canolainfo.org)

### OF INTEREST:

- Spa product ingredients may be purchased from a craft store, a pharmacy (e.g. citric acid) a grocery store, or a large chain store.
- Products may also be bought on the web: [www.lyndenhousenet](http://www.lyndenhousenet) is one Canadian company that will ship to your location.
- Best containers are often recycled jars, decorative boxes, or draw-string cloth bags. Dollar stores often have great finds!

# Let's Get Educated!

## Before You Start....

- 1. Get permission from your mom or dad before beginning. You will be using dangerous equipment such as blenders and they may want to supervise.
- 2. Gather your supplies and ingredients before starting the recipe. Your hands may get a little messy as you prepare the recipes, so you will want everything close by.
- 3. Wear an apron to protect your clothing, especially if you will be using food colouring.
- 4. Read the entire recipe before you begin. Be sure that you have all the materials ready to go and understand each step.
- 5. You may want to lay down some newspapers or a sheet of plastic before beginning. This will make clean-up easier.
- 6. Plan an area to put your finished products that is away from your preparation space. You will want to keep your final products safe and clean as you tidy everything up.

## After You Finish...

- 1. Place your spa products away from the work area.
- 2. Put away any ingredients that you did not use. Be sure to secure the packages tightly so there are no spills.
- 3. Wash, dry and put away all supplies, dishes and equipment. Wipe the countertops or throw away the newspapers. Clean up any mess on the floor and walls.

## General Tips...

- ◆ Decorative bottles or molds can be found at most dollar stores, and add a touch of sophistication to these products. But, recycled jam jars or plastic food containers will also serve the purpose.
- ◆ Keep in mind that you are not preparing food—some ingredients are not edible, so do not accidentally “taste-test” the product.
- ◆ Making spa products is not an exact art! After you've tried the recipe once or twice, you can start experimenting with it to make it your own. Try adding different flavours or colours for a new twist.

## Defining the Ingredients...

- ◆ Canola oil: Canola oil is rich in a type of fat called monounsaturated fatty acids. These fatty acids make canola oil conditioning for the skin. Canola oil also has a very light texture, mild scent and lots of vitamin E, making it a great addition to spa products.
- ◆ Honey: Honey is often called an **emollient**. This means that it helps to soften and smooth the skin. It may also have healing properties.
- ◆ Essential Oils: These oils are extracted from different types of plants. Therefore, they have different smells. Essential oils are used in a process known as **aroma** (smell) **therapy** (healing).
- ◆ Citric Acid: Citric acid is needed for the reaction in the bath bomb to occur. Just like in the baking soda-vinegar volcano, the citric acid reacts with the baking soda in the bath bomb when it comes into contact with water. Bombs away!

# Foaming Vanilla Bath!

**Prep time: 15 minutes**

**Makes enough for 6 to 8 baths.**

## **Ingredients:**

125 mL	liquid hand soap	1/2 cup
15 mL	vanilla extract	1 Tbsp.
50 mL	honey	1/4 cup
250 mL	canola oil	1 cup

## **Equipment:**

- ◆ Blender—preferably one with a feeder tube in the top and a low-speed setting.
- ◆ Measuring cups and measuring spoon.
- ◆ Container(s)—these should be able to hold about 425 mL or 1 3/4 cup. You can either use one large container or several smaller ones.

## **Directions:**

1. Pour liquid hand soap, vanilla and honey into the blender.
2. With the lid on and feeder tube open, turn on the blender at low speed.  
Mix the first three ingredients.
3. Slowly drizzle the canola oil through the feeder tube as the blender is running. This will create a creamy blend.
4. Turn off the blender. Remove the lid and pour mixture into container(s).

## **To Use:**

Add about 50mL (1/4 cup) to your bath. If the mixture separates, shake well before using.

## **Variation:**

Replace vanilla extract with 2-3 drops of scented an essential oil like lavender for relaxation, eucalyptus to help clear your sinuses, orange or lemon for 'fresh' scent. Do not use the scented oils that are sold to be burnt as room scents—these can cause skin irritations or rashes.

You can also add one or two drops of food colouring that will help you recognize the different bath foams scents by their colours.

# Canola Bath Bombs!

Prep time: 15 minutes

Makes 2-3 medium sized bath bombs.

## Ingredients:

50 mL	baking soda	1/4 cup
25 mL	cornstarch	2 Tbsp.
20 mL	canola oil	1 1/2 Tbsp.
1 mL	scented essential oil	1/4 tsp.
2 drops	food colouring	2 drops
	light mist of water	
25 mL	citric acid	2 Tbsp.

## Equipment:

- ◆ Large bowl and mixing spoon.
- ◆ Spray bottle with mist setting.
- ◆ 2 medium sized molds.
- ◆ Baking rack.

## Directions:

1. In the large bowl, mix baking soda and cornstarch together.
2. Add the canola oil, food colouring and essential oil.
3. Using the water mister, mist the mixture lightly one time.
4. Mix well until there are no lumps and the colour is well blended.
5. Add the citric acid and blend.
6. Heap as much of the mixture as possible into a mold, and press down very firmly. The mixture should be packed well. Repeat with the remaining mixture in the other mold.
7. Let the bath bomb air dry for 1-2 days on a baking rack.

## To Use:

Add to a bathtub full of water for a fizzy surprise! After the action is done, the canola oil will leave the water soft and moisturizing for the skin.

## Variation:

Use lavender essential oil as well as 2 mL (1/4 tsp.) of dried lavender blossoms. Add the lavender blossoms when mixing the baking soda and cornstarch together.

# Body Salt Scrub!

Prep time: 15 minutes

Makes 175mL (3/4 cup) scrub.

## Ingredients:

125 mL	Epsom salts	1/2 cup
25 mL	canola oil	2 Tbsp.
25 mL	almond oil	2 Tbsp.
30-35 drops	essential oil	30-35

## Equipment:

- ◆ Large bowl and mixing spoon.
- ◆ Containers with large top opening to allow scrub to be scooped out, and a lid.

## Directions:

1. In container, measure Epsom salts, canola oil, almond oil, and essential or fragrance oil until well blended.
2. Pour into storage container. Close lid.

## To Use:

Mix prior to using and rub over body. Rinse. As with all salts, do not rub on a wound...as it will sting.

This publication was prepared by the Alberta Canola Producers Commission (ACPC) for use by youth leaders & parents, teachers, youth, and babysitters looking to introduce the idea of making one's own spa products to children and teens.

*For comments, questions, or additional copies of this resource contact the ACPC:*

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This resource is also available on the web at:

[www.canolalearningcentre.com](http://www.canolalearningcentre.com)



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