

How bath bombs could help you unwind after a tiring day

When you hear the word “Bomb,” - you may think about something explosive. However, you won’t be on the same page with your preconceived notion this time. We’re going to unpack many new things that can help you maintain hygiene and stay fresh.

Any guesses about what we’re talking about?

Today, we’re talking about bath bombs formerly known as “Aqua sizzlers.” Cleansing your skin daily doesn’t need to be done with harsh body bars. Instead, skin smoothing and deliciously fragrant bath bombs can create a pampering experience.

What are bath bombs?

Bath bombs are meant for the ultimate relaxation, composed of a bicarbonate base of fragrant, essential oils, and colorants. Once added to the bathing water, it acts vigorously for an acid-base reaction. It makes the water fragrant and colorful. You should use the same after a long hectic day. Try with lukewarm water for best results.

Benefits of using the bath bombs

Taking baths is not just your regular chore to get you clean, but more than that. A luxurious bath can rejuvenate you, from where you can take enough energy for your subsequent work. Bath bombs and their use while taking a shower may benefit you. Here is why-

1. Moisturizes your skin

Bath bombs can uplift your mood, but they can also moisturize your skin. If you’re looking for supple, smooth, and healthy skin- bath bombs must be your first choice. Bath bombs can enrich your bathing water with softeners and emollients to soothe your skin. According to a daily user of bath bombs, *“when I heard of bath-bomb, I thought it might be harsh for my*

skin like the body bars. However, once I started using the same, I felt the difference. Those are so tender on my skin, and lingering fragrance drives me to another world!”

2. Soothes body aches

After an intense workout, a bath bomb may help alleviate aching bones and muscles. As the bath bombs are enriched with lavender, rosemary, and peppermint, they would help soothe the existing pains and aches.

3. Improves sleep

People who have insomnia-related issues may try this bath bomb in order to get the results. Bathing in lukewarm water and a bath bomb could be a perfect solution to bring the body and mind at peace. The presence of chamomile and lavender would help you release the tension caused by anxiety.

4. All natural and vegan-friendly

Compared with the other bath products, bath bombs are natural and chemical-free. There are no harsh chemicals that could irritate the skin. Instead, you can expect a protective barrier provided by bath bombs while having skin-softening properties.

5. Detoxifying

Citric acid and sodium bicarbonate amalgamation are accountable for the cleaning action. Bath bombs also have a fizzing sensation, which can clean, repair, and deodorize the entire body. Additionally, bath bombs could strengthen blood vessels too. The rejuvenating properties will leave your skin healthy and glowing. Isn't that great?

Summing it up

The lingering scent and the nourishing effect of bath bombs are ready to lift your mood. All the colorful and eye-catching bath bombs could indulge you in taking the essence of something fresh. Fructify your bathing experience never like before. Get, set, splash!