

Homemade Spa Day

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Pattern for a soft body scrubber and a recipe for a fizzy bath drop-in too! You earned a little spa time after a long day and this scrubber is gentle, shaped like a sunflower (for positive vibes) and pairs well with the bath fizzy. Enjoy!!



Materials:

Cotton yarn size 4 worsted weight in one or more colors
Size G crochet hook
Yarn needle for weaving in ends
Scissors

Bath Fizzy Recipe Ingredients:

These do not fizz quite as well as store bought bath bombs, but they are special when made by you! Also you will know exactly what went into them.

Baking soda about 2/3 cup
Cream of Tartar about 1/2 cup
1 or 2 drops Scented oil - optional (see caution note below)
About 1 tablespoon dried Assorted flower petals or herbs - optional (see the note below under cautions)
1 tablespoon Olive oil (some have strong odor, check labels)
Silicone molds in desired shapes
Measuring spoons and cups
Drops Food coloring – optional (See caution below)
Water spritzer or way to drop small fine droplets of water

Caution: When using oils, scents, herbs, petals and coloring be sure anyone using the fizzy is not allergic to those ingredients.

Abbreviations: (American terminology)

Ch – chain

Popcorn – popcorn st set as described below:

How to Crochet a Popcorn Stitch:

Make a Set of Full Double Crochets (dc) – Work 4 **double crochets** into the same stitch or chain space indicated.

Remove the Hook – Take your hook out of the loop **carefully** so the last stitch doesn't unravel.

Reinsert the Hook – Insert your hook into the **first** of the 4 double crochets you made.

Grab the Dropped Loop – Pick up the loop you dropped and pull it through the first stitch.

Tighten the Stitch – Pull gently to close the popcorn, making it pop out.

Chain 1 - to lock the stitch in place.

Sl st – slip stitch

Dc – double crochet

[] – section to be repeated

Gauge:

Not important but the example scrubbie is between 4 and 5 inches across. 4 and ½ inches across widest measurement.

How to: (Scrubbie)

Treat all ch 2 at the start of rounds as a dc. When inserting hook for popcorn, do it in top of the chain as if it were the top of a normal dc stitch.

(Change color if desired on each or some of the rounds)

Set up: Ch 6, join to form a ring, ch 2 (ch 2 counts as the first dc of round 1).

Round 1: Dc 3 into ring. Create popcorn with ch 2 and the dc's, ch 1. [popcorn, ch 1]. Continue around ring until there are a total of 6 popcorns with a ch 1 between them. Join to top of first popcorn. Sl st or attach new color in next ch space to start new round.

Round 2: Ch 2, [popcorn, ch1, popcorn ch 1] in each of the ch1 spaces of previous round. Should have a total of 12 popcorns, separated by ch 1 spaces. SL st or start new color in next ch space to start next round.

Round 3: Repeat round 2, this time there will be 24 popcorns with ch 1 spaces between. Sl st to top of first popcorn of previous round. Fasten off. Weave in ends.

How to: (Fizzy Recipe)

Measure baking soda and cream of tartar. Sift if necessary to remove and crush any clumps.

Combine the baking soda, cream of tartar, olive oil, and food coloring. Give the mixture a quick spritz of water and stir with a spoon until blended and consistency of wet beach sand.

Stir in petals and/or herbs if using. Lightly mix to not break up petals.

Spritz with additional water if needed to get a mixture that holds together when pressed. When the mixture is the right consistency, press a few spoonfuls firmly into silicone molds, such as a cupcake molds or silicone candy molds. Mix well between spritzes, it is easy to get too much. Might still work, I have not tried it.

Let molded fizzies sit out in room temperature air for 48 hours or more if needed to dry the mixture out and harden it to a block that holds together.

Carefully remove fizzy from the molds and use or wrap and store.

The molds I used made 4 chunky fizzies.

