

BUBBLES AND BLISS 2026



This challenge centers around self-care! We will explore different textures and scents throughout this experience. Sparks and Embers will be invited to make their own soap dough (Play Doh style!), Guides and Pathfinders will be invited to make bath bombs, and Rangers will be invited to make their own candles or soap bars! Of course, this is just a guide to use. If you feel your unit would enjoy one of the other activities, then feel free to do that one instead! Please keep participants' allergens and sensitivities in mind when choosing ingredients!

I will attach a recipe for each (Along with a video) to use as a reference, but feel free to research your own if they don't work for you. We also invite units to avail of a local artisan if possible to do a hands on workshop!

The crest can be ordered on our provincial website under the quick link "Challenge Crests" at www.girlguides.ca/web/NL/ . Participating units in NL will receive a free crest! Don't forget to send in pictures with a blurb about what you did! Email them to nl-program@girlguides.ca and nl-communications@girlguides.ca. Please ensure all participants visible in photos have image release permission recorded in iMIS!

SOAP DOUGH

You will need:

- 2 cups of foaming hand soap
- 3/4 cup of cornstarch
- Soap colorant
- Mixing bowl
- 1 spoon or fork (For initial mixing)

- 1) Add soap, coloring and scent into bowl; Stirring until color is saturated in soap.
- 2) Slowly add and mix cornstarch. If still not holding form, add more cornstarch. If too thick, add more soap. IT SHOULD NOT BE STICKY!
- 3) Knead dough with hands until fully combined and mold into desired shape

[How to Make Soap Foam Dough](#)



BATH BOMBS

You will need:

- 1 cup baking soda (Seems to make approximately 6-8 bath bombs)
- ½ cup citric acid
- ½ cup cornstarch
- ½ cup Epsom salt (OPTIONAL)
- 2 tsp essential oil
- 2 tbsp coconut oil (Or shea butter, jojoba oil)
- Few drops of soap coloring
- Molds (2 per girl is reasonable, they take 2-4 hours to dry so they cannot share unless done at a sleepover in multiple groups)
- Decorative accents (Flower petals, dried orange peels, etc. OPTIONAL)
- Cup of water
- Whisk
- 2 mixing bowls

- 1) In one bowl whisk together baking soda, citric acid, cornstarch and Epsom salt
- 2) In second bowl whisk together essential oil, coconut oil and food coloring until food coloring is fully incorporated
- 3) Slowly add the oil mixture to the dry mixture
- 4) While whisking together, add a few drops of water. DO NOT add too much at once as it will activate the citric acid and will cause the bath bomb to disintegrate early
- 5) If adding decorations to the bath bomb, now would be the time to add them to the bottom of the mold. Tightly mash the mix into the mold and wait 2-4 hours before releasing

[How to Make No-Fail Bath Bombs At Home](#)



CANDLE MAKING

You will need:

- Wax (Soy works best; 400g per candle)
- Wicks
- Double sided tape or hot glue (To hold wick to bottom of jar)
- Jars (At least 1 per girl; Can ask for them to bring their own)
- Popsicle sticks
- Essential Oils (OPTIONAL; NON-FLAMMABLE REQUIRED)
- Pigment dye (OPTIONAL)
- 1 pot and 1 glass measuring cup (To double boil) OR 1 microwave safe bowl

- 1) If using a double boil method, add 400g of wax to the small pot and place inside the larger pot with enough water to surround it. If using microwave, add to bowl and heat in 1-2 minute intervals with caution to not overheat.
- 2) When wax is melted, add about ½ ounce of essential oil and preferred amount of color and stir until combined. Set aside away from heat sources. CAREFUL as mixture would be hot!
- 3) While waiting for the wax to cool (enough to pour but not get burned) prepare your jar. Stick the wick down with double sided tape or glue to the bottom middle of the jar. Tape the top of the wick to a popsicle stick that will lay across the lid of the jar to keep the wick straight when pouring the wax
- 4) Once it is cooled enough, pour the wax into the jar keeping an eye on the popsicle stick to make sure it doesn't move the wick. Cool for a few hours (up to 24) before lighting

If you would like to make it a full meeting, have the girls design their own candle labels while they wait! DISCLAIMER: I have not used this product myself but it seems like it would work! [Full Sheet Sticker Labels, 8.5" x 11" Shipping Labels Paper \(25 Sheets, 25 Labels\), Self Adhesive Full Sheet White Matte Label Paper, Address Sticker Labels for Laser & Inkjet Printer : Amazon.ca: Automotive](#)

[Making Candles at Home- Full Step-by-Step Tutorial - YouTube](#)



As an add on to standard candle making, you can upgrade to a water candle! It would require less wax but would require more materials as decorations.

[DIY Water Candle 🌊💕 #craft #creative #candlemaking #candle #ocean #diy #shortvideo #shorts #amazing](#)



SOAP BARS

You will need:

- 2oz “melt and pour” soap base (Per participant)
- Essential oils
- Natural colorants (OPTIONAL)
- Natural decorations (OPTIONAL; Orange/Lemon slices, flowers, etc)
- 1 bar mold (Per participant as they would need to dry overnight)
- 1 pot
- 1 glass measuring cup (To use as double boiler)

- 1) Cut the soap base bar into smaller squares to make it easier to melt. Add to measuring cup and place in a pot filled with water (double boiler) on medium heat, stirring consistently.
- 2) When all soap is melted, add in a few drops of scent along with some coloring. At this point, you can add some decorations into the mixture.
- 3) Remove from heat and set aside briefly while you prepare the mold. This is where you could add natural decorations into the mold itself. CAREFUL as the mixture would be hot!
- 4) Once cooled slightly, pour the mixture into the mold being careful not to overpour. Gently wiggle and tap the mold to release any air bubbles that may be trapped. Cool overnight before using

While waiting, you could have the girls design their own labels for the soap! DISCLAIMER: I have not used this product myself, but seems it could work to DIY with markers. [Mr-Label 1?×8? Printable Natural Kraft Brown Wrap Soap Label - Soap Cigar Band Label - for Handmade Soap Lotion Bars Bath Bombs | Gift Label - for Inkjet/Laser Printer \(25 sheets/125 Labels\) : Amazon.ca: Office Products](#)

[DIY Melt-and-Pour Soap Bars | Soap Making At Home](#)



RESOURCES FOR MATERIALS!

- Soap Dough

- [SoluSoap Makes 30 bottles of Premium Foaming Hand Soap, Unscented, Quick Dissolve, Immediate Use Foaming Hand Soap Refills, Powder Concentrate. Use 97% less Plastic : Amazon.ca: Beauty & Personal Care](#)

-Need a foaming hand soap bottle to mix with water, whole container makes enough for 16 participants

- [Soap Dye, 20 Colors Skin Safe Soap Colorant for DIY Soap Making, Bath Bomb, Lotion, Food Grade Concentrated Soap Coloring for Soaps, Slime, 0.35 Fl.oz Each : Amazon.ca: Home](#)

- [SALUBRITO Bubble Bath Essential Oil Set, Fresh Fragrance Oils For Diffuser, Soap, Candle Making, Vanilla & Coconut, Sparkling Grapefruit, Lemon Verbena, Amber Oud, Charming Bloom, Lavender Field : Amazon.ca: Health & Personal Care](#)

● Bath Bombs

- [Westpoint Naturals Pure Food Grade Citric Acid Powder 2.27 Kg \(5 Lb\) - Natural Cleaner, Cooking Ingredient, DIY Bath Bombs Material : Amazon.ca: Grocery & Gourmet Food](#)
- https://www.amazon.ca/Yogti-Natural-Epsom-Salt-Canadian/dp/B07RSSX5C3/ref=sr_1_7?crid=2WWFAXB7ZXKSF&dib=eyJ2ljoMSJ9.qGs4RhZSZLCSUWgLkoapXzBtGriqUnTQy6A7ZrAkWWxPquFG_NGeNHmPP47krazbcOU7m1JB733_9u14kLeGZdqAPSD7J0MsNBgyA7TTaMeakSZv85ReybNEfbpogM03EUlv6b_W9aT54hNW064yz57vhLJK8B9jMV-w73IToi0qMRAUh9kMHX1sW7r_VeNsGuNgGKJuT9n1YC6brtDbxtj45sXVj5LMM1TldG25rY3-2pAzUAzWSV3DaVkDPPG5zaAnoTdDB-ElgRREcbob6k4I2gez-MqzSIBM-SkK1E.LEAJ_DDUNFHy0IRAlSFsvccuyAY5Zkidnmg9LF2D2xc&dib_tag=se&keywords=epsom+salt&qid=1762006636&prefix=epsom+salt%2Caps%2C137&sr=8-7
- [SALUBRITO Bubble Bath Essential Oil Set, Fresh Fragrance Oils For Diffuser, Soap, Candle Making, Vanilla & Coconut, Sparkling Grapefruit, Lemon Verbena, Amber Oud, Charming Bloom, Lavender Field : Amazon.ca: Health & Personal Care](#)
- [Soap Dye, 20 Colors Skin Safe Soap Colorant for DIY Soap Making, Bath Bomb, Lotion, Food Grade Concentrated Soap Coloring for Soaps, Slime, 0.35 Fl.oz Each : Amazon.ca: Home](#)
- [TooGet Flower Petals and Buds Includes Lavender, Forget-me-not, Marigold, Jasmine, Scindapsus aureus Flower, Albizia julibrissin, Rose, Gomphrena globosa, Strawflower, Kinds of Crafts : Amazon.ca: Home](#)
- [Bath Bomb Mold Kit, 24 Pcs DIY Metal Bath Bomb Molds, Bath Bomb Molds DIY Metal Bath Bomb Crafting Mold, Bath Bomb Making Supplies for Crafting with 3 Size, Each Size with 8pcs/1 set-shengdanjie : Amazon.ca: Home](#)

● Candles

- [Candle Making Kit for Adults, Beginners, Kids, DIYers, Soy Wax, Making Supplies Includes 5 LB Soy Wax Paper, Temperature Gauge, 100 Wicks, Centering Device, Melting Pot. : Amazon.ca: Home](#)

-Would recommend trying this kit if there is no materials already kicking around as it comes with lots of wicks, measuring cup to melt wax in, thermometer and a heat safe pad (to not burn any surface areas). Should order more wax as it only contains enough for roughly 5 candles

- [10LB Natural Soy Wax Flakes for Candle Making - 160oz Pure Soy Wax Kit, Ideal for DIY Container & Pillar Candles, Additive - Free & Unscented. : Amazon.ca: Home](#)
- [SUPMIND 16oz Candle Jars 6 Pack - 3 Wick Large Empty Clear Glass Candle Making Jars with Bamboo Lids, with Stickers and Labels, Bulk Candle Jars for Making Candles Containers - Dishwasher Safe : Amazon.ca: Home](#)
- [EUQEE Fragrance Oil Set 12PCS Premium Essential Oil Set Diffuser Oil Perfume Oils for Candle Making Home Aromatherapy Fragrance Essentials oil with Amber, Coconut&Vanilla, Fresh Linen, Leather, Forest Pine : Amazon.ca: Home](#)
 - Recommend looking through all scent options and choosing based on your participants' likes!
- [FansArriche Candle Dye - 18 Colors Oil-Based Liquid Candle Dye for Candle Wax, Highly Concentrated Candle Color for DIY Candle Making : Amazon.ca: Home](#)

● Soap Bars

- [Melt and Pour Soap Base 2 Pounds \(Honey\) : Amazon.ca: Home](#)
 - Recommend looking through all options!
- [SALUBRITO Bubble Bath Essential Oil Set, Fresh Fragrance Oils For Diffuser, Soap, Candle Making, Vanilla & Coconut, Sparkling Grapefruit, Lemon Verbena, Amber Oud, Charming Bloom, Lavender Field : Amazon.ca: Health & Personal Care](#)
- [Soap Dye, 20 Colors Skin Safe Soap Colorant for DIY Soap Making, Bath Bomb, Lotion, Food Grade Concentrated Soap Coloring for Soaps, Slime, 0.35 Fl.oz Each : Amazon.ca: Home](#)
- [TooGet Flower Petals and Buds Includes Lavender, Forget-me-not, Marigold, Jasmine, Scindapsus aureus Flower, Albizia julibrissin, Rose, Gomphrena globosa, Strawflower, Kinds of Crafts : Amazon.ca: Home](#)
- [Silicone Soap Molds Set of 4, Walfos 6 Cavity Rectangle Silicone Soap Molds For Homemade Craft Soap Mold, Cake, Chocolate & Ice Cube Tray\(Purple & pink\) : Amazon.ca: Home](#)
 - Would need to cut to send the participants home with their soaps the day of making it

→ [Silicone Cupcake Liners, DILISS Reusable Silicone Baking Cups Nonstick Muffin
Molds for Cake Balls, Muffins, Cupcakes and Candies, Assorted Bright Colors Heat
Resistant up to 233°C/ 450°F\(24 Pcs\) : Amazon.ca: Home](#)