

Bath bombs were first invented in 1989, when product inventor and Lush co-founder Mo Constantine was inspired by the fast-fizzing action of the Alka Seltzer. She achieved that fizzy base renown throughout bathtubs worldwide with a simple combination of sodium bicarbonate (baking soda) and citric acid.

<https://www.rd.com/beauty/what-are-bath-bombs-made-of/>

Best skin care for over 50s:

- moisturizer
- exfoliator

