



[Make Your Own Shower Jellies](#)

Instructions and Tutorial Photos found on AnnsEntitledLife.com

Note: This is NOT a food, keep away from small children!!

Shower Jellies Mise en Place:

- Small Spray Bottle
- Measuring Cups
- Spoon
- Small Pot
- Silicone Ice Cube Mold

Shower Jellies Ingredients:

- 1 cup Cold Water
- ½ cup favorite Shower Gel of choice (used in this tutorial: Beautiful Day from Bath and Body Works)
- 1 packet Unflavored Gelatin
- Rubbing Alcohol
- 2 drops Soap Colorant

Shower Jellies Directions:

- Transfer some rubbing alcohol into a small spray bottle; set aside.
- Mix your packet of unflavored gelatin with one cup of cold water.
- Pour your water and gelatin mix into a small pot and heat on medium-high for about 3-4 minutes until your unflavored gelatin is fully dissolved.
- Take your pot off the heat and mix in your shower gel and 1-2 drops of soap colorant.
- Carefully pour your soap mixture into your silicone ice cube mold.
- Spray with rubbing alcohol to get rid of any bubbles.
- Place in the refrigerator for 3-4 hours, until set.

- Carefully pull on the sides of the mold and push up on the bottom to remove your shower jellies from the molds.
- Makes 15-16 Shower Jellies.

To Use Shower Jellies:

- Rub all over your body just like you would a bar of soap and rinse.
- These shower jellies will melt and dissolve under hot water, so you use one per every time you shower.

Notes:

- If you are worried about summer heat you may want to store the shower jellies in a container marked **Shower Jellies, DO NOT EAT!!** in the refrigerator so they do not melt being left out in the summer. But above all, you do NOT want anyone consuming these.
- These should last 1-2 weeks if stored in the refrigerator.
- These are very customizable. You can use any shower gel, any soap colorant to give them any scent or color.
- I hesitate to recommend using food coloring instead of the soap colorant, even if only a drop or two. I worry it will turn your skin a funky color. You may decide otherwise.

Note: None of this is meant as medical advice. I am not a doctor, and do not play one on the internet. Please consult a physician if you have any questions about using shower jellies so your doctor can better explain to you the benefits, possible side effects, and any warnings about shower jellies.