

## DIY Deodorant That Really Works

I've always known that store-bought deodorants have some pretty nasty ingredients in them (they've even been linked to cancer) but I hesitated on making my own because I feared homemade deodorants wouldn't really do the job.

I don't mind sweating a little as that's your body's way of eliminating toxins, but I didn't exactly want to walk around smelling "crunchy" if you know what I mean.

After trying two natural brands of deodorant (Tom's and the Natural Crystal), and being sorely disappointed (ie. smelling crunchy by the end of the day), I decided to give this recipe a try.

Boy, I'm so glad I did!

This natural deodorant recipe works amazingly well. My only wish is that I tried it sooner!

### Homemade Deodorant Recipe using Coconut Oil

Ingredients:

- 1/3 cup coconut oil
- 1/4 cup baking soda
- 1/4 cup arrowroot powder
- 4 tablespoons cornstarch (this will add an antiperspirant effect to the deodorant.)
- essential oils (optional, but you could use tea tree oil, sweet orange, cinnamon, etc.)

How to make:

- Mix baking soda, cornstarch, and arrowroot powder in a bowl.
- Add coconut oil and use a fork or pastry cutter to blend into the dry ingredients.
- Add 5-10 drops of your chosen essential oil (I used tea tree oil).
- Add more coconut oil or baking soda to achieve your desired consistency.
- Viola! Now you have easy-peasy, good-for-you, all-natural deodorant!

Other Notes:

This recipe uses coconut oil which will liquefy at 76 degrees (it will remain solid at any temp *under* 76 degrees). I live in Florida and this deodorant stays a paste-like consistency in my bathroom. However, my husband uses the bathroom upstairs and at times, it turns into a thick liquid-y consistency. He doesn't find it a problem, though. He just dabs his finger into it, massages it into his underarms, and then rinses his hands afterward.

I've heard of people putting their homemade deodorants in cleaned-out store-bought deodorant containers but it didn't work for me. My DIY deodorant leaked out the bottom of the container and was a gooey mess.

Instead, I store this coconut oil deodorant in a small glass jar and I keep it in my medicine cabinet.

To apply, I take a small amount and rub it together with my hands to soften and then rub it into my underarms like a lotion.

Me and my husband both use this deodorant and absolutely love it. We'd never switch back to store-bought. You really must give it a try.

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