

Natural Deodorant Recipe

Ingredients:

- 1-part cornstarch or arrowroot powder
- 1-part coconut oil
- 3-5 drops of lavender essential oil per ½ cup of deodorant
- 2-3 drops of essential oil of choice per ½ cup of deodorant

Directions:

1. Combine cornstarch/arrowroot powder and coconut oil into jar or container, stirring until evenly mixed together
2. Add lavender essential oil and, essential oil of choice, and stir into mixture
3. Cover jar or container with a lid and label it, now it's ready for use!

*To make deodorant in stick form: melt 2tbs of beeswax with 1/4th a cup of coconut oil over low heat. Then, take it off the heat and mix in 1/4th a cup of cornstarch and mix it all together with essential oils. Then pour into empty deodorant stick container and let it cool down to solidify.

Ingredient Properties

Coconut Oil:

Coconut oil is perfect for natural deodorant due to its antimicrobial and antifungal properties. This helps prevent the bad bacteria that causes our armpits to smell. It also contains vitamin E which is great for moisturizing your skin, making you feel soft all day.

Lavender Essential Oil:

Lavender oil is known for its anti-inflammatory, antifungal, antiseptic, antibacterial, and antimicrobial properties. All of these properties work to keep you smelling fresh, and maintain good hygiene naturally.

Essential Oils Vs. Fragrance Oils:

Essential oils are made naturally from the extracted oils of plant material. They can provide numerous health and herbal benefits. Fragrance are typically synthetically produced, and may contain harmful substances such as carcinogens.

Common Harmful Ingredients Found in Deodorant

1. Aluminum Compounds (Aluminum chlorohydrate, aluminum zirconium tetrachlorohydrate)

It is used in antiperspirants to help block the sweat from escaping from the pores. These compounds have been linked to increased risk of breast cancer, and Alzheimer's disease. When the compounds are absorbed by the skin they mimic the hormone estrogen, which can promote the growth of breast cancer cells.

2. Parabens (methyl, ethyl, propyl, benzyl and butyl)

Parabens are very common ingredient found in many every day cosmetics, such as deodorant. They also disturb the body's hormonal balance by mimicking estrogen, which leads to the formation of breast cancer. It has also been linked to birth defects, and organ toxicity.

3. Propylene Glycol

Propylene glycol is considered a neurotoxin, it is possible that it can cause both liver and kidney damage. In large quantities it can cause damage to the central nervous system, and heart. It is used in deodorants to produce a consistency that is easier to apply to the skin.

Brands to Avoid

- Axe
- Old Spice
- Dove
- Secret
- Right Guard
- Speed Stick
- Mitchum

Brands

- Tom's
- Burt's Bees
- Honest Company
- Arm & Hammer

Natural

*Look for Aluminum & Paraben Free label. These are often much costlier, which is why I advise making your own.