

## Natural Deodorant Making Workshop Detail and Tips

### Background Information:

Making natural deodorant is important in order to have control over what is absorbed into your body. Most commonly found store bought deodorants contain chemicals and harmful ingredients such as aluminum compounds. Many of these ingredients have been found to mimic the hormone estrogen, creating a hormonal imbalance in the body which can lead to health hazards as serious as breast cancer. They can also lead to a number of hormonally related illnesses and diseases. Long term everyday exposure to these harmful ingredients increases our chances of developing these health issues. A way of avoiding this is to make your own deodorant in order to ensure that all the ingredients are safe. It is also possible to just buy natural deodorant at the store but it is typically expensive, so making your own is a way of having natural products more affordably.

### Learning Objectives Expanded:

The main purpose of giving this workshop is for participants to understand the benefits of making their own natural deodorant, and to feel comfortable doing this on their own at home in the future. I designed the recipe to be simple, affordable, and for the ingredients to be easy to acquire in order for them to be more likely to try it again on their own. This is also a recipe that I have tried on my own and have found it to work, it can be difficult to create a natural deodorant that lasts throughout the day, so I hoped for this one to work for my participants as well.

My other learning objective was for the participants to be able to identify one to three of the hazardous ingredients commonly found in deodorant. I understand that not everyone will have the time to make their own deodorant, so my goal was to provide them with information to make informed decisions when purchasing it in a store. If they are able to identify the most common hazardous ingredients that deodorants may contain then they will know to avoid purchasing deodorants that contain those ingredients, such as aluminum compounds.

### Additional Resources:

“7 Harmful Ingredients in Your Deodorant” organics.org

- <http://organics.org/7-harmful-ingredients-in-your-deodorant/>

“Top five ingredients to avoid in deodorant” Natural News

- [http://www.naturalnews.com/033364\\_deodorants\\_chemical\\_ingredients.html#](http://www.naturalnews.com/033364_deodorants_chemical_ingredients.html#)

“Homemade (Baking soda Free) Deodorant”

- <http://www.ablossominglife.com/2013/10/homemade-baking-soda-free-deodorant.html>

**Tips:**

When giving this workshop the first thing I would suggest is to create a sign up or register for the workshop, so you can plan exactly how much materials you will need. This is also great if you have a limited amount of materials and can only have a certain amount of people participate. This can be done through Google forms, which is very easy and accessible.

This workshop can get messy especially with all the coconut oil involved so have materials in preparation for all the cleaning that needs to be done afterwards. I would suggest to have a tablecloth that can be easily wiped down, and also an accessible trash receptor for the participants to throw out their stirrers and napkins in.

I would suggest to bring extra materials that will not be included in the recipe such as baking soda and beeswax if they are accessible to you. Often times people include baking soda in their homemade recipes, and this can lead to irritation and rashes, so I brought it in order to remind myself to warn the participants of this issue. I also brought beeswax in order to provide them information on how to melt in beeswax to turn the deodorant into a stick form at home if they are uncomfortable applying it with their fingers.

In order for the recipe to mix the best the coconut oil should be slightly melted ahead of time. When it is too solid it will not mix in with the rest of the ingredients well. Also, if you can use popsicle sticks or spoons for the participants to stir the ingredients, that would be much easier for them than typical coffee stirrers.