

Workshop Title: Natural Deodorant Making Workshop

Time Length: 30 minuets

Objectives:

- By the end of this workshop participants will be able to identify 2-3 benefits of making your own natural deodorant
- By the end of this workshop participants will be able to identify 1-3 chemicals to avoid when purchasing deodorant
- By the end of this workshop participants will be able to confidently make their own deodorant

Materials Needed:

- coconut oil
- cornstarch
- 4oz ball jars
- lavender essential oil
- various essential oil for smell
- spoons
- sharpies
- napkins
- stirrers

Lesson Overview:

- **Lesson opening:**
Open the lesson by introducing yourself, and have everyone attending say their names if it is a small group. Then, start the workshop by introducing the topic and why using natural deodorant is important to you. Proceeded to pass out informational sheets that include the recipe and information on the chemicals found in deodorants. While participants are looking over the sheets start to talk about the chemicals found in common deodorants, and the potential harm they cause.
- **During the lesson:**
To start the hands on portion of the lesson, first handout the materials such as containers and stirrers. Then begin to go over the recipe and give a demo, as the participants follow along. Allow room for the participants to ask questions throughout the demo. While making the deodorant explain the properties of the ingredients and the purpose they serve in natural deodorant. Provide alternative information on why to not use baking soda in homemade deodorant. Provide alternative information on how they can use beeswax at home to make the deodorant solid to use it in stick form.
- **Lesson closing:**
Begin to close the lesson by having the participants label their jars if they choose to. Ask the participants for a temperature check if they found the information useful, and

if the recipe is simple enough to do on their own. Thank everyone for participating, and ask if anyone has any feedback on the lesson that it would be very helpful to improve your teaching skills for the future

Audience: Community members, students, adults and young adults