



How to make Natural Deodorant

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INGREDIENTS

- 2 1/2 tbsp unrefined coconut oil
- 2 1/2 tbsp unrefined shea butter
- 1/4 cup arrowroot starch/flour
- 1 1/2 tbsp baking soda
- 6 drops lavender essential oil
- 6 drops grapefruit essential oil
- 1 drop tea tree essential oil (optional)*

INSTRUCTIONS

1. Place coconut oil and shea butter in a glass bowl or jar and place the bowl/jar inside a medium sauce pan.
2. Add water to the saucepan (enough to surround bowl/jar but not to overflow it) and bring to a boil.
3. As water is heating up, ensure to stir coconut oil and shea butter and continue to do so until it melts.
4. Once melted, add in arrowroot starch, baking soda and essential oils.
5. Place in a small glass jar (or pour into empty deodorant stick(s)) and allow to cool at room temp or in fridge (will harden faster in fridge) until it's reached a solid state.
6. Cover with lid until use.

Directions for use:

1. Wet underarms slightly (this helps with even application)
2. Spoon out a pea-sized amount with a wooden scoop or with fingers and rub between fingers before applying directly to underarms.
3. For a regular day, one application in the morning should be fine. For hotter days, workouts or if you're particularly sweaty, feel free to reapply as needed.