

3 Ingredients DIY Deodorant

Ingredients:

- 2 tbsp. coconut oil
- 2 tbsp. tapioca starch, arrowroot powder or cornstarch
- 1 tbsp. baking soda
- 5 drops of Tea Tree essential oil (optional)
- 5 drops of Lavender or Rosemary essential oil (optional)

Instructions:

1. Place all ingredients, except the optional essential oils into a saucepan or double boiler and heat gently until the coconut oil melts.
2. Remove from the heat and stir the mixture to ensure that it is well combined.
3. Add the optional essential oils.
4. Store in a glass container with a lid.
5. Feel free to double the recipe if you need a larger batch.

Tip: Experiment with other essential oils. For a more masculine scent try using Bergamot and Sandalwood. Use Vanilla, Geranium, Ylang Ylang, or Neroli for a more feminine fragrance and Frankincense and Citrus Oils for either.

Warning: When using citrus oils do not immediately go into direct sunlight as they can cause an increase of photosensitivity of the skin, also known as sun allergy (this should not be a problem with deodorant as it goes under the arm). Therefore, they are best used at night as bergapten a phototoxic chemical in the citrus family dissipates after a few hours. This precaution generally applies to expressed oils and not to those that are distilled, as they have lower concentrations of bergapten and thus mitigate this effect.

FAQs

Why these ingredients?

Please see “Danger Of Conventional Deodorants,” which explains in detail the ingredient list.

Is this an antiperspirant?

No. Preventing the body from sweating is unnatural. However, you will begin to sweat less as your body adjusts to the natural deodorant.

I have a rash after using this. What should I do?

This is common for some skin types, especially if you have used regular deodorant for a long time. The chemicals in conventional deodorant leave a residue on your skin that requires cleansing. This build up can be removed with a simple armpit detox. To make it, mix 1 tbsp. of bentonite clay with 1 tsp. of apple cider vinegar and apply it to your underarm. Activated charcoal mixed with water to form a paste can also serve as an effective remedy. One of the two detox options can be applied once a week for those with sensitive skin and once a month for others, if necessary. Another option is to omit the baking soda from the recipe, which resolves the issue for most people but does not offer as much protection.

What is the shelf life?

Almost indefinite.

Why use a natural, homemade deodorant?

Conventional deodorants and antiperspirants contain a variety of chemicals and additives. It takes something unnatural to block the body's natural ability to sweat, and the chemical list in some deodorants is impressive. For a full list of the harmful chemicals found in traditional deodorants, as well as their side effects, see our article "Danger Of Conventional Deodorants."

It stained my clothes, what should I do?

Try waiting approximately 5 minutes after application before dressing.

How long does the deodorant take to harden?

That depends on the climate, season, etc. In cooler climates, it sets within a few minutes after being made. If you live in a hot climate you can place it in the fridge for a few hours or in the freezer for 30 minutes to help it solidify quicker. Some people store theirs in the refrigerator all the time, but that is strictly a matter of personal preference.