

A Natural Deodorant that Works on Smelly Armpits



There's been a lot of talk about the aluminum in deodorant, how it has been linked to breast cancer and Alzheimer's Disease. I've been using natural deodorants for a long time but have never really found one I love. A couple years ago, I happened upon a bunch of different natural deodorant recipes for natural deodorant and I came up with my own combo. I make this natural deodorant at home with ingredients I have in my baking cupboard, plus some great essential oils and it actually works! In fact, it works better than even the regular old, chemical laden kind you can get from any grocery store.

Keep in mind that no natural deodorant will keep you from sweating. We're supposed to sweat from

our armpits, it's a way of keeping us cool when we are overheated and it's one of the ways our bodies release toxins and other impurities. If you're concerned with sweating, try using armpit sweat pads. They attach to your clothing with a light adhesive and soak up excessive sweat.

Natural, Non-Toxic, Chemical-Free Deodorant

6 T organic virgin coconut oil

1/3 C baking soda

1/3 C organic corn starch (you can use arrowroot powder if you'd prefer)

28 - 32 drops of any combination of essential oils (optional - this deodorant works just fine without any oils)

Here are some essential oil combinations I like in my deodorant:

Floral and Feminine

15 drops ylang ylang

10 drops lemon

5 drops chamomile

Earthy and More Masculine

20 drops frankincense

5 drops lemongrass

3 drops basil

Springtime Scent

15 bergamot

15 drops lavender

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Oatmeal Cookie Blend

I know, it's silly, but I did it once and I really liked it.

A good combination for Christmastime, perhaps?

15 drops orange

8 drops clove

Blend it all in a bowl. If it's summer it'll mix right up – in a cold winter, you will need to smash it all together with a fork or VERY gently heat your coconut oil. This deodorant doesn't have the binders in it that make regular deodorants hard, so I keep mine in a small bowl on the windowsill in my bathroom. Each morning, I just scoop a little out with my fingers, much like I would with a face cream or lotion, and rub it on my armpits.

You can certainly add more oils than I do. The oils in this recipe are quite diluted, so even the stronger ones like clove and lemon are usually ok. Still, be sure to make sure that your skin doesn't get burned by the particular oil(s) that you choose, by placing a small amount of coconut oil on your skin and then a little of the essential oil(s) you plan to use.

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