

# Natural Deodorant



## ingredients

- 6 T organic virgin coconut oil
- 1/3 C baking soda
- 1/3 C organic corn starch  
alternative: arrowroot powder
- 28-32 drops essential oil\*  
(optional, see combos below)

## Melissa's Favorite \*essential oil combos

### Floral and Feminine

- 15 drops ylang ylang
- 10 drops lemon
- 5 drops chamomile

### Earthy/Masculine

- 20 drops frankincense
- 5 drops lemongrass
- 3 drops basil

### Springtime Scent

- 15 bergamot
- 15 drops lavender

### Oatmeal Cookie

- 15 drops orange
- 8 drops clove

## preparation

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.