

## DIY Natural Deodorant

### Ingredients:

2 1/2 TBL unrefined coconut oil  
2 1/2 TBL unrefined shea butter  
1/4 cup arrowroot starch  
1 1/2 TBL baking soda  
6 drops lavender EO  
6 drops grapefruit EO  
1 drop tea tree EO (optional)

### Instructions:

Place coconut oil and shea butter in a glass bowl or jar inside a medium sauce pan.

Add water to the saucepan ( enough to surround bowl/jar but not to overflow it) and bring to a boil.

As water is heating up, ensure to stir coconut oil and shea butter and do so till it melts.

Once melted, add in arrowroot starch, baking soda and EO's.

Place in a 3 oz jar and allow to cool at room temperature or in fridge ( it will harden faster) until its reached a solid state.

Cover with a lid until use.

### Directions for use:

We underarms slightly (this helps with even application)

Spoon out a pea-sized amount with a wooden scoop or fingers, rub between fingers before applying directly to underarms.

For regular day, one application in the morning should be fine.

For hotter days, workouts or if you are particularly sweaty, feel free to reapply as needed.

Test your sensitivity to tea tree oil before using.

You don't have to use it, but it is antibacterial and it is the bacteria in your underarms that leads to the smell, so it is a nice addition if you are not sensitive.

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