

HOMEMADE DEODORANT

*32 Easy To Make All Natural & Organic
Deodorant & Body Spray Recipes*

32

ALUMINIUM FREE
RECIPES



LORRAINE WHITE

Homemade Deodorant

**32 Easy To Make Natural & Organic
Deodorant & Body Spray Recipes
Aluminium Free Deodorant Recipes**

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Don't forget to check out my other books in this series, all available on Amazon

Homemade Shampoo: Easy to Make Dry Shampoo, Dandruff Control Shampoos, Organic & Natural Hair Products For Luscious Hair. 31 Sulfate Free Shampoo Recipes

Homemade Lotion: 41 All Natural, Simple & Easy To Make Body Lotions, Body Butters & Lotion Bars

How To Make Bath Bombs, Bath Salts & Bubble Baths: 53 All Natural & Organic Recipes

Homemade Beauty Products: Over 50 All Natural Recipes for Face Masks, Facial Cleansers & Face Creams

Homemade Body Scrubs: 52 All Natural & Easy To Use Body Scrubs, Face Masks, Lip Balms & Body Washes

Homemade Foot Spa: 48 All Natural Food Soak, Foot Scrubs, Foot Creams & Heel Balm Recipes

Introduction

Hello and welcome,

My name is Lorraine White and I am a wife and mother to three wonderful children. I am like most moms who have to juggle work and home life. With lots of expenses, I am always looking for ways to save money on items that I use a lot of.

About five years ago I started to make my own natural beauty products after I learned about some of the damaging and toxic chemicals that some manufacturers put in the products that we buy in the store. I have not bought a store bought body lotion, spray, deodorant, body scrub, foot scrub, lip balm, make-up item or any other beauty product since.

In this book, I am giving you **32** of my **Homemade Deodorants and Body Sprays**.

What makes all these recipes fabulous is how quickly you can put these together. Once you have bought a few basic ingredients then you will be able to make lots of products not only for you and your family, but for friends and colleagues too.

There is nothing better than going **NATURAL**. When you make your own deodorants and body sprays you know **EXACTLY** what is in them and you can alter any recipe to suit your mood or in order to use your favorite essential oils.

The sky is the limit when it comes to making your own natural beauty products. You are only limited by your own imagination. Anything is possible. Are you ready to learn how to make your own deodorants? Yes? Then let us get started!

Lorraine xx

Beware of Nasty Chemicals In Store Bought Deodorants

I was disgusted to discover that virtually every store bought deodorant (apart from the natural organic products that cost the earth) had aluminium in them. Why on earth would we choose to put aluminium in or on our bodies? We don't and if most of us knew what was in them we wouldn't use the rubbish that litters the shelves. It doesn't matter how fancy they want to package the deodorants, with nice bright containers and fancy bottles, the fact is that you need to take a look at the ingredients before deciding whether or not to purchase one of those products ever again.

Their use of aluminium is common, it is used as an antiperspirant which has been shown to interfere with the natural estragon that your body produces which in turn plays havoc on your hormones. A lot of these products can actually make you perspire even more, not less.

Aluminium in deodorant has also been linked to breast cancer so it's worth looking into this if you insist on continuing to use store bought unnatural products.

As if that was not bad enough, when conducting my research I also found that they also sneak **Parabens**, **Propylene glycol** and **Phthalates** into our products, each of these toxins are linked to a myriad of health problems including hormonal imbalance, damage the central nervous system, the liver and the heart. I can barely pronounce these toxins, I wonder why!

These toxins are just the few that I can remember. When you do your own research, like me you will be horrified and surprised that manufacturers get away with putting these toxins in our products. Well, they not only get away with it, they actually make millions of dollars selling us all potentially harmful and poisonous products.

These manufacturers are so big and powerful that any attempt to try and highlight them for what they are doing generally has little if any effect.

Knowing all this, do you really want to put these very un-natural deodorants on your skin? Probably not and certainly by the time you have tried a few of the recipes in this book, you will be hooked for life like me.

Making Your Own Deodorants At Home

There is nothing more satisfying than making your own natural beauty products. Deodorants are great products to make at home because they can be created out of the smallest amounts of wholesome natural and organic (where possible) ingredients.

If you implement the use of natural beauty products into your life, you will not only benefit from healthier skin, you will also FEEL better because what you actually put ON your body actually works its way INTO your body.

All the health benefits associated with certain salts and essential oils will work their magic on you long after you have rubbed them under your arms or into your skin.

Whether you are using one of the deodorants or body sprays, the whole process of massaging them into your skin on a daily basis will prove beneficial almost immediately.

Why do you think stores charge so much for natural and organic beauty products? They know the effect their secret (not really secret as I will show you) natural deodorants and sprays have on the skin, mind, body and spirit.

Making your own products at home is easy. You just need a few basic ingredients. I will discuss the most common ingredients I use in my deodorants and body sprays below and I will also show you the basic tools and equipment that you will need to make the recipes in this book.

Shea Butter

Shea Butter is very high in Vitamin A and E and known to be soothing for the skin and it is great for treating minor skin irritations. All round good butter to use in deodorant recipes.

Beeswax

If honey is so good for us it's no surprise that the beeswax that those busy bees leave behind is too. Beeswax is a natural skin conditioner and it has anti-inflammatory properties which is good for calming down irritated skin.

Arrowroot Powder

When it comes to making your own deodorants at home, Arrowroot Powder is used as thickening agent. This natural powder is gentle enough to be used in baby products so you can rest assured it is kind to the skin.

Essential Oils

Most of the essential oils I use in the recipes have anti-bacterial and anti-fungal properties which are great for treating what can often be the smelliest section of our bodies (under our arms), these natural oils can also help to prevent body odor or they will at least act as a barrier or mask for unpleasant body smells.

Sea Salts

Favored by top spas in their treatments, sea salts are one of the best natural exfoliators that you could use on your skin, they are also used as a detoxifier, cleansing the skin and helping to keep it smooth and healthy.

Epsom Salts

Epsom Salts are known to ease stress and aid relaxation. It's a good natural product to use in natural deodorants and sprays.

Baking Soda

A great addition to deodorants and sprays, baking soda is brilliant at soothing irritated skin. If you have any sores at all, the baking soda recipes in this book will be most effective for you.

Cornstarch

One of the best 'absorbers' of smells, cornstarch is the perfect ingredient for deodorants. It is also great for soothing underarm rashes and irritations.

Coconut Oil

Lauric acid is present in Coconut Oil and this works to kill bacteria so it is no surprise that it is used in a few of the recipes. It is also good for moisturizing the skin so it will leave your underarms feeling as though they have visited a top spa.

Aloe Vera Gel

Famous for its healing properties, Aloe Vera is often called the miracle plant. This is because of the amazing health benefits and effect it has on your skin. Because of the gentle nature of Aloe Vera Gel, it can be used by people with the most sensitive of skin conditions.

Witch Hazel

Totally refreshing ingredient to use on the skin, Witch Hazel is also known to be very soothing and effective at disinfecting the skin.

Vodka or Ethyl Alcohol (high proof liquor)

A secret ingredient in beauty routines, Alcohol is great for cleansing, combating odor and stimulating nice smooth skin.

Fresh Lime & Lemon

Citrus fruits are rich in Vitamin C and used to remove dead skin cells. A favorite in beauty products, the fresh juice can be added to a variety of recipes for a quick deodorant spray.

Basic Start-Up Equipment Needed

- A few clean small glass jars
- A few plastic spray bottles (you can recycle and use spray bottles from other products you have bought)
- A couple of wooden spoons
- A small pan
- Stand mixer or blender

Natural Deodorant Recipes

Everything that you put ON your skin seeps its way INTO your body. That is why it is absolutely crucial that you only put things on your skin that are good for you. The recipes that follow are simple and easy to make. That's why I absolutely love making deodorants. 1,2,3 and they are done really. Feel free to substitute the essential oils and salts that I use with the ones that you like the best.

Deodorant Tips

- You can add more essential oils to the recipes for a more pungent smell. (Add less too if you prefer little to no smell).
- Use organic products where you can and where your budget allows, there is simply nothing better than organic ingredients.
- Label all your deodorants so you know what they are, put the date and the oils used on the label too so you instantly recognise your different creations.
- Use your deodorant a couple of minutes before dressing making sure it is dry before you put your clothes on. This helps to avoid deodorant smears and marks on your clothes.

- Keep your deodorant in the refrigerator so it stays fresh. Because the products are natural and made without harmful preservatives, the shelf life is obviously not as long. Nevertheless, your deodorants should last you anything from 2-4 weeks.

Basic Baking Soda Deodorant

Ingredients:

- 1/4 cup baking soda
- 1/4 cup cornstarch
- 5 tablespoons coconut oil
- 3 drops ylang ylang essential oil
- 4 drops sweet orange essential oil
- 2 drops tea tree essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the deodorant to cool
4. When ready to use take a small amount and rub it under your arms
5. Use as you would an ordinary deodorant

Lavender Deodorant

Ingredients:

- 3 tablespoons coconut oil
- 2 tablespoons shea butter
- 3 tablespoons baking soda
- 2 tablespoons cornstarch
- 5 drops lavender essential oil

Directions

1. In a small pan, add some water
2. Use a glass jar to create a double boiler
3. Heat the water up for 5 minutes
4. In the glass jar, add the coconut oil and shea butter
5. Allow them to melt together
6. Remove from the heat
7. Add the baking soda and cornstarch and mix together
8. Add the essential oils
9. Allow the ingredients to cool and fuse together for at least 30 minutes
10. When ready to use take a small amount and rub it under your arms
11. Use as you would an ordinary deodorant

Shea & Arrowroot Deodorant

Ingredients:

- 6 tablespoons arrowroot powder
- 3 tablespoons shea butter
- 2 tablespoons coconut oil
- 1 tablespoon baking soda
- 5 drops tea tree essential oil
- 5 drops lemon essential oil

Directions

1. In a mixer, add the shea butter and coconut oil and mix for 60 seconds
2. Slowly pour the essential oils into the mixture
3. In a separate bowl, mix together the arrowroot powder and baking soda
4. Slowly incorporate the arrowroot powder and baking soda into the wet mixture
5. Blend for another 30 seconds
6. Remove the mixture and place it in a glass jar
7. Allow it to cool

8. When ready to use take a small amount and rub it under your arms
9. Use as you would any ordinary deodorant

Sandalwood Deodorant

Ingredients:

- 6 tablespoons coconut oil
- ¼ cup baking soda
- ¼ cup arrowroot powder
- 10 drops sandalwood essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Coconut Oil Deodorant

Ingredients:

- 1/4 cup baking soda
- 1/4 cup arrowroot powder
- 4 tablespoons coconut oil
- 12 drops tea tree essential oil
- 8 drops eucalyptus essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Let the deodorant cool down
4. When ready to use take a small amount and rub it under your arms
5. Use as you would an ordinary deodorant

Orange & Cinnamon Deodorant

Ingredients:

- 1/3 cup coconut oil
- 2 tablespoons baking soda
- 1/3 cup arrowroot powder
- 10 drops sweet orange essential oil
- 10 drops cinnamon essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Let the deodorant completely cool down
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Peppermint Deodorant

Ingredients:

- 2 tablespoons shea butter
- 2 tablespoons cornstarch
- 2 teaspoons Aloe Vera gel
- 1 tablespoon cocoa butter
- 1 tablespoon baking soda
- 20 drops peppermint essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the deodorant to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

3 Ingredient Deodorant

Ingredients:

- ½ tablespoon baking soda
- 1/8 cup arrowroot powder
- 1/8 cup cocoa butter
- 1/8 cup shea butter
- 3 drops vitamin E oil
- 10 drops grapefruit essential oil
- 10 drops nutmeg essential oil
- 10 drops lavender essential oil

Directions

1. In a small glass jar, add the shea and cocoa butters
2. Place the jar in a pan of boiling water
3. Mix the ingredients together until well melted
4. Remove from the heat and add the remaining ingredients
5. Stir and let the ingredients fuse together for at least 30 minutes
6. Allow it to cool
7. When ready to use take a small amount and rub it under your arms

8. If the mixture has solidified it will soften with the heat from your body
9. Use as you would an ordinary deodorant

Lemon Zest Deodorant

Ingredients:

- 4 tablespoons coconut oil
- 2 tablespoons baking soda
- 2 tablespoons arrowroot powder
- 10 drops lemon essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the mixture to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Tea Tree & Lavender Deodorant

Ingredients:

- ¼ cup baking soda
- ¼ cup cornstarch
- 4 tablespoons coconut oil
- 5 drops tea tree essential oil
- 5 drops lavender essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the mixture to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Epsom Salts & Coconut Deodorant

Ingredients:

- ½ cup coconut oil
- 3 tablespoons Epsom salt

Directions

1. In a small glass jar, mix the two ingredients together
2. Make sure to mix well until all the salts have dissolved
3. Place it in the fridge overnight
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Deodorant For Men

Ingredients:

- ¼ cup baking soda
- ¼ cup cornstarch
- 4 tablespoons coconut oil
- 5 drops tea tree essential oil
- 6 drops cedarwood essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the mixture to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Grapefruit Deodorant

Ingredients:

- ¼ cup baking soda
- ¼ cup arrowroot powder
- 4 tablespoons coconut oil
- 5 drops grapefruit essential oil
- 6 drops cedarwood essential oil

Directions

1. In a small glass jar, mix all the ingredients together
2. Allow the ingredients to fuse together for at least 30 minutes
3. Allow the mixture to cool
4. When ready to use take a small amount and rub it under your arms
5. If the mixture has solidified it will soften with the heat from your body
6. Use as you would an ordinary deodorant

Lemongrass & Beeswax Deodorant

Ingredients:

- 3 tablespoons almond oil
- 3 drops lavender essential oil
- 3 drops rosemary essential oil
- 3 drops lemongrass essential oil
- 1 tablespoon beeswax

Directions

1. In a small glass jar, add the beeswax and almond oil
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms
7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Cocoa Butter Deodorant

Ingredients:

- 1 ½ tablespoons beeswax
- ½ tablespoons cocoa butter
- 1 tablespoon coconut oil
- 15 drops thyme essential oil (white)
- 15 drops rosemary essential oil
- 10 drops lavender essential oil
- 3 drops castor oil

Directions

1. In a small glass jar, add the beeswax and cocoa butter
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms
7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Herbal Deodorant

Ingredients:

- 1 ½ tablespoons beeswax
- ½ tablespoons cocoa butter
- 1 tablespoon coconut oil
- 15 drops mandarin essential oil
- 10 drops basil essential oil
- 5 drops chamomile essential oil

Directions

1. In a small glass jar, add the beeswax and cocoa butter
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms
7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Chamomile & Jasmine Deodorant

Ingredients:

- 1 ½ tablespoons beeswax
- ½ tablespoons cocoa butter
- 1 tablespoon coconut oil
- 15 drops neroli essential oil
- 10 drops vanilla essential oil
- 10 drops jasmine essential oil
- 5 drops chamomile essential oil

Directions

1. In a small glass jar, add the beeswax and cocoa butter
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms

7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Masculine Choice Deodorant

Ingredients:

- 1 ½ tablespoons beeswax
- ½ tablespoons cocoa butter
- 1 tablespoon coconut oil
- 10 drops tea tree essential oil
- 10 drops pine essential oil
- 10 drops juniper essential oil
- 5 drops myrrh essential oil

Directions

1. In a small glass jar, add the beeswax and cocoa butter
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms
7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Dark Musky Deodorant

Ingredients:

- 1 ½ tablespoons beeswax
- ½ tablespoons cocoa butter
- 1 tablespoon coconut oil
- 15 drops sandalwood essential oil
- 10 drops vanilla essential oil
- 10 drops cypress essential oil
- 5 drops frankincense essential oil

Directions

1. In a small glass jar, add the beeswax and cocoa butter
2. Create a double boiler by adding the glass jar to a pan of boiling water
3. Heat it up and allow the ingredients to fuse together
4. Allow the mixture to cool
5. Add the remaining ingredients and stir
6. When ready to use take a small amount and rub it under your arms
7. If the mixture has solidified it will soften with the heat from your body
8. Use as you would an ordinary deodorant

Natural Body Spray Recipes

Body sprays are even easier to make than deodorants so if you want a nice quick and easy beauty product to make then start with the recipes in this section.

Because of the ingredients used in these recipes, these sprays have multiple uses. You can also use them as room sprays so if you happen to make one that you don't feel works for you then feel free to substitute it for your room spray.

Another great use for the body sprays is as a foot spray. The gentle ingredients used in the recipes are great for feet, treat your feet as well as your underarms for an all-round beauty routine.

Body Spray Tips

- You can add more essential oils to the recipes for a more pungent smell. (Add less too if you prefer little to no smell).
- Use organic products where you can and where your budget allows, there is simply nothing better than organic ingredients.
- Label all your body sprays so you know what they are, put the date and the oils used on the label too so you instantly recognise your different creations.
- Keep your body spray in the refrigerator so it stays fresh. Because the products are natural and made without harmful preservatives, the shelf life is obviously not as long.

Nevertheless, your body spray should last you anything from 2-4 weeks.

Himalayan Salt Body Spray

Ingredients:

- 2 teaspoons sea salt
- ¼ teaspoon baking soda
- 5 tablespoons witch hazel
- 10 drops grapefruit essential oil
- 20 drops lemon essential oil
- 5 drops tea tree essential oil

Directions

1. In a bowl add the sea salt and baking soda
2. Add the witch hazel
3. Combine well until the salt is well dissolved
4. Pour the spray into a spray bottle
5. Add your essential oils
6. Put the top on the bottle and shake the bottle well
7. When ready to use spray the deodorant under your arms or on your body
8. Use as you would an ordinary deodorant or body spray

Essential Mix Body Spray

Ingredients:

- 4 tablespoons witch hazel
- 1 ½ teaspoons 80 proof Vodka
- 10 drops grapefruit essential oil
- 10 drops lemon essential oil
- 8 drops lavender essential oil
- 5 drops neroli essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Raw Alcohol Spray

Ingredients:

- 4 oz. grain ethyl alcohol (high proof liquor)
- 40 drops tea tree essential oil

Directions

1. Pour the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Witch Hazel Spray

Ingredients:

- 4 oz. witch hazel
- 15 drops lavender essential oil
- 15 drops frankincense essential oil
- 15 drops lemon essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Simple Citrus Body Spray

Ingredients:

- 1 lime
- 2 slices of lemon
- 4 tablespoons spring or mineral water

Directions

1. In a spray bottle, squeeze the lemon and lime juice into it
2. Make sure you don't get any of the pips in the bottle
3. Add the water to the bottle and shake vigorously
4. When ready to use spray the deodorant under your arms or on your body
5. Use as you would an ordinary deodorant or body spray

Frankincense Spray

Ingredients:

- 2 oz. witch hazel
- 4 drops vegetable glycerine
- 14 drops frankincense essential oil
- 7 drops bergamot essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Cedarwood & Juniper Spray

Ingredients:

- 1 ½ oz. witch hazel
- 10 drops cedarwood essential oil
- 2 drops juniper berry essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Lemon Spray

Ingredients:

- Juice of 1 lemon
- $\frac{1}{2}$ cup spring or mineral water
- 5 drops lemon essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Essential Oil Medley Spray

Ingredients:

- 1 green tea bag
- ½ teaspoon vodka
- 10 drops tea tree essential oil
- 10 drops clary sage essential oil
- 8 drops lemongrass essential oil
- 8 drops grapefruit essential oil
- 8 drops rosemary essential oil

Directions

1. Put the green tea bag in a cup and add water
2. Allow it to seep for 10 minutes
3. Pour the water from the tea bag and all the ingredients into a spray bottle
4. Put the top on the bottle and shake vigorously
5. When ready to use spray the deodorant under your arms or on your body
6. Use as you would an ordinary deodorant or body spray

Grapefruit & Lavender Spray

Ingredients:

- 8 oz. distilled water
- 1 tablespoon witch hazel
- 15 drops grapefruit essential oil
- 15 drops lavender essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Orange & Cinnamon Spray

Ingredients:

- 8 oz. distilled water
- 1 tablespoon witch hazel
- 15 drops orange essential oil
- 15 drops cinnamon essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Rosemary & Patchouli Spray

Ingredients:

- 8 oz. distilled water
- 1 tablespoon witch hazel
- 15 drops rosemary essential oil
- 15 drops patchouli essential oil

Directions

1. Pour all the ingredients into a spray bottle
2. Put the top on the bottle and shake vigorously
3. When ready to use spray the deodorant under your arms or on your body
4. Use as you would an ordinary deodorant or body spray

Conclusion

Well there you have it, I've given you 32 of the best recipes for deodorants and body sprays. Don't forget that you can also use the sprays as foot sprays and/or even room sprays so they are highly versatile.

Now it is your turn to go and create some of these yourself and put your own unique recipes together as well. Once you get started, you will be hooked.

Remember, you are not only putting a nice smelling rub on your skin and underarms because they smell nice, you are choosing to use these products because of the enormous amount of moisturizing and health benefits associated with the particular oils, salts and other ingredients used in each recipe.

I do hope that you have enjoyed my homemade deodorant book and that you try most of the recipes. I would like to ask you if you would be kind enough to please leave a review for me on Amazon. This will help others to find my book and they in turn will be able to benefit from the amazing techniques and recipes involved with making their own products at home.

I have a range of books in this series (because I'm crazy about everything homemade and organic) so please take a look over the page at the other books in this series.

I will end by wishing you a very happy beauty care journey. You owe it to yourself to treat your skin well and with the full care and attention it deserves. You are on your way, enjoy yourself and continue to learn more and more about homemade beauty products. After being converted myself for over 5 years now, I look and feel so much better than I did before my journey. You will too.

Lorraine Xx

My Other Books in My All Natural Homemade Series, All Available on Amazon

Homemade Lotions: 41 All Natural, Simple & Easy To Make Body Lotions, Body Butters & Lotion Bars

How To Make Bath Bombs, Bath Salts & Bubble Baths: 53 All Natural & Organic Recipes

Homemade Beauty Products: Over 50 All Natural Recipes for Face Masks, Facial Cleansers & Face Creams

Homemade Body Scrubs: 52 All Natural & Easy To Use Body Scrubs, Face Masks, Lip Balms & Body Washes

Homemade Foot Spa: 48 All Natural Food Soak, Foot Scrubs, Foot Creams & Heel Balm Recipes

Homemade Shampoo: Easy To Make Dry Shampoos, Dandruff Control Shampoos, Organic & Natural Hair Products For Luscious Hair. 31 Sulphate Free Recipes