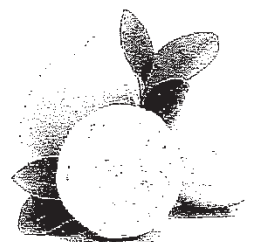
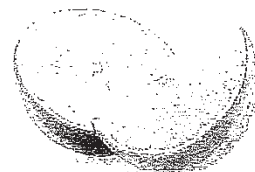


Homemade DEODORANT

A COMPLETE BEGINNER'S GUIDE TO
NATURAL DIY DEODORANTS YOU CAN MAKE TODAY



JANE ANISTON

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Chapter 1

Why you should stop using store-bought deodorant and start making your own at home!

The largest organ of the body is the skin, and one of its numerous functions is to eliminate toxins from the body. Unfortunately, it can also do the opposite, which is absorb toxins from outside of the body. For this reason, the products we choose to apply to our

skin are of the utmost importance as our health can be affected by these products.

Unknown to many, the vast majority of skin care products that are commercially sold contain chemicals which are toxic to the body. The ingredients companies use to create these products can potentially cause harm to the skin instead of acting in ways which benefit it. Whats worse is that these chemical toxins can even affect our internal organs, such as the liver, kidneys and the lymphatic system. Some studies have also linked the substances used by big name manufacturers to certain cancers. Occasional use of these products is hazardous enough, but the fact that we use many of them on a daily basis makes them all the more dangerous. In this book we're going to look at store bought deodorants; a

fantastic example of a product we use on a daily basis which contain some very nasty chemicals!

Deodorants are used in order to maintain dry underarms and to keep us smelling fresh throughout the day. As seen in countless commercials, deodorants help give us the confidence that comes from staying fresh and knowing that we won't smell unclean and be judged negatively by others we come into contact with. The implication is that if we don't use these products we may face social scorn.

However, perspiration is a natural function of the body which has it's uses. As well as the fact that it helps regulate our body's temperature, perspiration is actually one of the methods our body uses to detoxify.

Through it, urea, minerals, salts and fluids are removed from the body. Sweat itself is odorless, it's actually the bacteria present on the surface of our skin that is responsible for smelly underarms. When the bacteria break down compounds within the sweat, acids are formed, some of which are perceived as an unpleasant odor.

What many people are unaware of, is that commercially prepared deodorants contain parabens and aluminum. These two substances are known to be toxic to man. How? Aluminum, an ingredient which has been linked to development of breast cancer, clogs up the sweat glands to prevent them from functioning naturally, that is, it blocks the release of sweat from the body. The waste products which are usually expelled via the sweat glands are therefore kept inside

the body. Furthermore, this ingredient can also accumulate and cause additional problems in the body later in life.

Parabens, on the other hand, are cosmetic, food and pharmaceutical preservatives. These compounds have been found to mimic estrogen. Although it was not officially concluded that parabens cause breast cancer, the chemical has been detected within cancerous cells gathered from malignant breast tumor biopsies. In addition, parabens supposedly affect the processes of the endocrine system. Disruption in the endocrine system can lead to problems with metabolism, growth and development, sexual function, reproduction, mood and body temperature regulation, to name just a few.

Aluminum and parabens alone pose a potential danger to our health. However, these are rarely the only harmful ingredients that can be found store bought deodorants as commercially available deodorants tend to contain a cocktail of other chemical nasties. Here are some of the other potentially harmful ingredients which regularly lurk in store-bought deodorants

- ***Propylene glycol*** - This common ingredient can cause damage to both the central nervous system and some of the body's major organs, specifically the liver and heart. Skin irritation can be initiated in those with sensitive skin, even at extremely low concentrations of the chemical. Whats more, this chemical can lead to delayed allergic reactions. Unfortunately, propylene

glycol is found in many “natural” deodorants, even up to fairly high concentrations.

- **Triclosan** - According to the FDA, triclosan is actually a classified pesticide! Triclosan is used in deodorants as an antibacterial agent and preservative. The problem is that triclosan destroys not only the “bad” bacteria, but also the body’s “good” bacteria. Triclosan is listed as a possible carcinogen by the IARC and it is also thought that this nasty chemical disrupts endocrine function, as evidenced by the study of human blood and breast milk.

- **Stearic acids** - When listed as an ingredient on product packaging these nasty chemicals are

usually followed by a number (e.g. steareth-15). These cheap additives are derived from vegetables but undergo a process (known as ethoxylation) which involves the known carcinogen ethylene-oxide.

- ***Fragrance*** – The term “fragrance” is used as a catchall for a number of chemicals which can cause skin irritation, allergies and toxicity in the organs of the body, not to mention they’re harmful to the environment.
- ***Talc*** - Talc is thought to contain asbestiform fibers, which could make it a potential carcinogen. It’s not clear exactly how much of these asbestiform fibers are in our deodorants

it's inclusion is not regulated in the manufacture of cosmetic products.

- **Silica** - Silica can act as a skin irritant, and as if that wasn't bad enough, there is also the chance that it could be contaminated with crystalline quartz, which is known to be a carcinogen. May also play a role in allergies and immunotoxicity.

So this is the situation – obviously we need deodorants in order to keep ourselves feeling and smelling fresh through the day, but many of the deodorants available in the store contain chemicals which can play a part in seriously damaging our health. The answer? Make safe deodorants at home using healthy, natural ingredients. They work like

commercially bought deodorants, minus the dangers, and in addition, you'll also be able to save a little money and have fun! The process is simple, the ingredients are cheap, and many of the ingredients needed to make deodorants can be found in the average kitchen.

The All-Natural Ingredients You Can Use When Creating DIY Deodorants

One of the great things about creating your own deodorant is that you have total control over the ingredients you're going to use. In addition, gone are

the days when sourcing hard to find ingredients seemed like an impossible task; nowadays, we can do a quick online search and find just about anything we want within a matter of seconds thanks to the power of almighty Google!

I admit that I wasn't exactly too crazy about making my own deodorant in the beginning. It seemed like it required too much effort. But all of that changed when I started doing my own research on the ingredients which could be used when making my own deodorant and began to understand the benefits each of these ingredients could have. I was so impressed that I had to try it out myself.

If you're feeling a bit overwhelmed by the idea of creating your own handmade deodorant, don't be. Once you get to know your ingredients better, you will be more than happy to make the transition.

Here are just some of the all-natural ingredients you can incorporate in making your own all-natural DIY deodorants.

- ***Aloe Vera*** - Aloe vera is packed with vitamins and minerals that don't just heal skin, they also lock in moisture. This gel-like substance is great for soothing and cooling skin. It's no wonder that Cleopatra is said to have used this miracle of nature as one of her go-to beauty regimen ingredients.

• ***Cocoa Butter*** - The same plant that gives us one of the best things ever, (chocolate!) also provides us with a skin softener like no other! Cocoa butter, which is rich in fatty acids, doesn't just smooth the skin, it can also do wonders in helping your skin stay soft and supple. A natural source of vitamin E, cocoa butter makes for the perfect moisturizer if used sparingly.

• ***Coconut Oil*** - One great thing about coconut oil is that it's safe to use on all skin types. Whether you're dealing with sensitive skin or you're one of the lucky ones who's blessed with problem-free skin, coconut oil makes a great all-around moisturizer. When used in deodorants, it helps keep the skin soft and free from microbes, fungi and other microorganisms.

- ***Lavender*** - This sweet-smelling flower, which is often used to treat anxiety and insomnia, also has a lesser-known beneficial property; the promotion of healthy cell turnover. As proof of its healing properties, ancient Romans used to wash injuries with lavender water. No wonder lavender is being touted as an herbal workhorse, helping to cure everything from hair loss to skin rashes!

- ***Olive Oil*** - We've all heard about the amazing effects this oil can have on the body when incorporated into a healthy diet. Olive oil is rich in antioxidants and vitamin E, which can help repair cell damage and fight free radicals. But olive oil isn't just great for skin care; it can also be a fantastic addition to your hair care routine.

Just apply a little onto a dry scalp, leave overnight, and you're guaranteed to wake up with healthier looking hair the next day. (For more on natural homemade shampoos, check out the book, "Homemade Shampoo: A Complete Beginner's Guide to Natural DIY Shampoos You Can Make Today", by me, Jane Aniston.)

- ***Shea butter*** - A superb moisturizer which has healing properties, making it a perfect ingredient for homemade deodorants. It is a rich source of Vitamins A and E, both of which help keep skin healthy and beautiful. Its fragrance is gentle and very soothing.

- ***Tea Tree Oil*** - You're probably well aware that tea tree oil is the number one natural acne fighter, but did you know that it's also one of the strongest all-natural antiseptics around? As an antibacterial agent, it acts like an all-purpose germ killer that can be used to treat anything from small insect bites to wounds. Some studies even show that it's more powerful than benzoyl peroxide in treating acne!
- ***Thyme*** - Has antibacterial and anti-fungal properties, making your all-natural deodorant a protective shield from the bacteria which cause the horrible sweaty smell!

- ***Apple cider vinegar*** - A substance which has numerous benefits, one of which is its antibacterial nature.
- ***Citrus fruit essential oils*** - When applied to the skin, citrus fruit oils can help neutralize unpleasant odors as well as increasing immunity against invading microorganisms.
- ***Mango butter*** - Great for treating dry skin and rejuvenating skin cells, leaving skin supple, smooth and young-looking.
- ***Bentonite clay*** - A substance known to eliminate toxins, impurities, chemicals and heavy metals from the body.

- ***Avocado butter*** - Rich in antioxidants, vitamins and minerals.

- ***Jasmine*** - Known to have anti-inflammatory and antiseptic benefits.

- ***Geranium*** - Non-irritating and can help promote circulation.

- ***Vetiver***- An essential oil extracted from the roots of Indian grass. Aside from its antiseptic qualities, vetiver can also help you relax. Vetiver's earthy fragrance is said to be effective in calming, stabilizing, balancing and soothing frayed nerves and emotions. This oil can also help dispel general pains.

- ***Cucumber*** - The list of cucumber's health benefits is really impressive! From its ability to hydrate skin, neutralize smells, supply the skin with vitamins and minerals, and its ability to flush out toxins, cucumber is an awesome ingredient!

With that said, we're almost ready to move on to the recipes, but before we do, I'll share with you my DIY deodorant insider secrets! Make sure you read through the next chapter carefully before moving on to the recipes. If you do you'll be well-prepared and ready to start on whipping up your first batch of chemical-free deodorant!

Chapter 6

Non-Toxic Oil and Butter

Deodorant Recipes

Coconut oil contains fatty acids and numerous powerful medicinal properties. It has been proven to stave off viruses, bacteria, fungi and other harmful pathogens. It is also a popular choice of ingredient in various skin care and beauty products because of its ability to moisturize the skin deeply.

Butters, on the other hand, are also popular when it comes to helping keep skin beautiful, soft and supple. Just like coconut oil, many body butters have medicinal properties that can protect the skin from damage and premature aging.

When you combine coconut oil (and other healthy oils) along with body butters, you have the perfect combination for a skin-care product, and specifically for deodorants. As an alternative to store-bought deodorants, you simply can't go wrong with natural oils and butters as the base ingredients for your homemade deodorants.

In this chapter we have some super-soothing and highly effective deodorant recipes using the

aforementioned butters and oils. Although there are no reports of clothes being stained by the ingredients in these recipes, due to the nature of oils and butters it's still advised to allow these deodorants to be absorbed by the skin and for the underarms to feel dry to the touch before getting dressed. Use sparingly and use caution with your clothing if you have any concerns.

13. Virgin Coconut Oil & Shea Butter

DIY Deodorant

Shea butter is a superb moisturizer which has healing properties, making it a perfect ingredient for homemade deodorants. It is a rich source of Vitamins A and E, both of which help keep skin healthy and beautiful. Its fragrance is gentle and very soothing.

Ingredients

- 2 tablespoons of Shea butter
- 3 tablespoons of virgin coconut oil
- 3 tablespoons of baking soda
- 2 tablespoons of cornstarch

- 5 drops of essential oil (your pick)

Instructions

1. In a small pan or preferably a double boiler, allow the coconut oil and Shea butter to melt together on low heat. Turn off the heat when this is achieved.
2. Add the baking soda and cornstarch. Stir thoroughly until the mixture is completely smooth. There should be no lumps.
3. Add the essential oil. Allow it to cool.
4. Place in a clean container.

Note: It's recommended you use a double boiler because the butter and oil tend to burn easily. If you

do not have a double boiler, you can improvise using a saucepan and a mixing bowl (made of glass/pyrex or metal). Make sure that the two items fit together snugly. There should be no gap between the bowl and the saucepan because you need the steam of the simmering water in the saucepan to heat the bowl which in turn will melt the oils.

Add water to the pan, bring it to a gentle simmer and then place the bowl on top. The bowl should not touch the water in the pan. Melt the butter and oil in the mixing bowl, then follow the rest of the steps in the process.

Another method in the absence of double boiler (and this is a useful method if you are just making a small

amount of deodorant) is directly using a small glass mason jar. Just place the oil and butter inside the jar and place the jar in a small saucepan of simmering water until the oil and butter melt. Then simply follow the rest of the instructions, leaving out number 4, as the container that you'll make the deodorant in is the one you can use for it's storage.

When using the deodorant, simply scoop a small amount in your hand and then rub onto clean underarms. During summer or if you live in a warm country, place the deodorant inside the refrigerator to solidify the coconut oil.

14. 3-Ingredient DIY Homemade

Deodorant

If you'd prefer to stick to the basics, the two following "3- ingredients" recipes might be the answer. These recipes don't contain any essential oils and consequently are almost odorless, meaning not only are these recipes effective at keeping you sweat-free, they're also perfect for those who aren't so keen on strong scents.

Ingredients

- 3 tablespoons coconut oil
- 3 tablespoons baking soda
- 2 tablespoons Shea butter

Instructions

1. Melt the coconut oil and Shea butter in a double boiler (or in an improvised double boiler as detailed at the end of the previous recipe).
2. Remove from heat. Add the baking soda.
3. Mix well and leave to cool and your deodorant is ready for use.

Note: You can add arrowroot (2 tablespoons) to this recipe (at the same time as you add the baking soda) to make it even more effective at controlling perspiration. In addition, if you'd like this deodorant to be scented, add 5-10 drops of any essential oils that you like after adding the baking soda. Experiment

until you discover the perfect combination of oils for
the scent you like.

15. Super-Simple 3-Ingredient

Deodorant

If you thought the 3-ingredients DIY Homemade deodorant in the last recipe was simple enough, you may be surprised to find out the recipe can be made even simpler! In this recipe we can do away with the Shea butter and the double boiler making the recipe perfect if you are too busy to make one of the more complicated concoctions!

Ingredients

- 6 tablespoons of coconut oil
- 4 tablespoons of baking soda

- 4 tablespoons of cornstarch (or arrowroot powder if you prefer)

Instructions

1. Mix the baking soda and cornstarch together in a bowl.
2. Mash the coconut oil into the mixture until the ingredients are well combined.
3. Stir very well until smooth.
4. Place in a clean container.

Note: What could be simpler and easier than that, right? This recipe may well be the best of all in terms of time required, simplicity of preparation and value for money.

Chapter 7

Mix & Match Ingredient Natural DIY Deodorants

The deodorant recipes in the previous chapters were categorized according to their main ingredient. In this chapter however, we'll be mixing and matching the ingredients, so if you can't decide which type of recipe in this book sounds most appealing, why not try out one of these fantastic mix and match combination recipes!

Some ingredients here may come as a bit of a surprise and some may sound unfamiliar; for instance vetiver and food grade diatomaceous earth. Don't worry though; these ingredients are readily available online if you decide you'd like to give these recipes a go.

Here are five recipes that combine a range of different ingredients to form uniquely wonderful DIY deodorants. In addition, there are DIY deodorant recipes included here which will be of particular interest to those who have either extra sensitive skin or super sweaty underarms..

16. Organic Butter, Oil, Fruit, Herb, Flower Combo All-Natural Deodorant

A fantastic deodorant which uses a wide range of ingredients and has a wonderful fragrance that's hard to describe.

Ingredients

- 1/8 cup of organic cocoa butter
- 1/8 cup of Shea butter
- 1/2 tablespoon of baking soda
- 1/8 cup of organic arrowroot powder
- 5 drops of Vitamin E oil
- 5-10 drops of the following (organic) essential oils
 - Fir Needle

- Grapefruit
- Nutmeg
- Lavender

Instructions

1. Combine the Shea butter and cocoa butter in a mixing bowl (pyrex or metal preferable).
2. In a double boiler, (see Virgin Coconut Oil & Shea Butter DIY Deodorant recipe for a simple method of improvising a double boiler) melt the butters over a low-medium heat.
3. Remove from heat when the butters are melted. Add in the baking soda and arrowroot powder. Stir the mixture gently.

4. Pour in the Vitamin E oil and the essential oils. (If you prefer simply take a vitamin E capsule, carefully prick with a pin and squeeze 5 drops into the mixture).
5. Stir gently until the ingredients are combined.
6. Place into clean containers. Cover lightly with a lid (so that dust will not settle on the mixture) and let it set.
7. When the deodorant has completely cooled and is in a solid state (which can take up to 6 hours), cap tightly and store in a dry, cool place.

Note: This recipe will give you 2 ounces of deodorant, which should last for around 2 weeks depending on how much you use.

17. Vetiver And Orange Spray

Deodorant

So what is vetiver? It is an essential oil extracted from the roots of Indian grass, and luckily it can easily be purchased online! Aside from its antiseptic qualities, vetiver can also help you relax. Vetiver's earthy fragrance is said to be effective in calming, stabilizing, balancing and soothing frayed nerves and emotions. General pains can also be dispelled with the use of this oil. The orange essential oil adds to the therapeutic effects of the vetiver.

Ingredients

- 2 tablespoons of witch hazel
- 3 drops vetiver essential oil

- 10 drops orange essential oil

Instructions

1. Pour the witch hazel in a clean container.
2. Add the essential oils one after the other.
3. Mix well.
4. Transfer to a clean spray bottle (preferably glass) and store in a cool, dry place.

Note: There are many variations of this recipe. Adding several essential oils can totally change the fragrance without negating its effects. The only thing I'd recommend is that you keep the amount of vetiver and orange higher than any other essential oils that you decide to add.

18. Oil, Butter, Clay, & Tea Tree

Surprise DIY Deodorant

Tea tree is antibacterial, anti-fungal, antiseptic plus it's hypoallergenic. It's very popular as a skin and beauty product ingredient for its many known uses and therapeutic effects.

Ingredients

- 2 cups extra virgin coconut oil
- 25 drops of tea tree essential oil
- 1 1/2 tablespoons of beeswax beads or shavings
- 3/4 cup of arrowroot powder
- 1/4 cup of baking soda

- 5 drops of lemongrass essential oil
- 2 tablespoons bentonite clay

Instructions

1. Using a double boiler, (see Virgin Coconut Oil & Shea Butter DIY Deodorant recipe for a simple method of improvising a double boiler) place the coconut oil and beeswax on a low heat and when it is barely melted, remove it from the heat.
2. Add the rest of the ingredients one at a time except for the essential oils.
3. While allowing the mixture to cool, stir continuously.

4. The mixture will reach a pudding-like consistency.

At this point, add the essential oils and mix thoroughly.

5. Transfer into clean containers.
6. Leave overnight to harden before use.

Note: This recipe can fill up to three containers (depending on the size) and can last up to a month (depending on usage).

19. Anti Super-Sweaty Armpits

Deodorants

Some unlucky people suffer from overly-active sweat glands, causing them to perspire profusely. The hassle of having wet underarms can be extremely irritating and can also cause feelings of self-consciousness. Luckily, this homemade deodorant can help tackle excessive sweating without the need for any nasty chemicals. The food grade diatomaceous earth (which you can easily purchase online) is a substance that many people are not aware of but which really adds to this recipe.

Ingredients

- 30 grams coconut oil

- 20 grams Shea butter
- 10 grams beeswax
- 10 grams almond oil (or other oil that you prefer)
- 15 grams arrowroot powder
- 5 drops of vitamin E
- 15 grams food grade diatomaceous earth
- 20-25 drops of any essential oils (if you would like to use a variety of essential oils, simply make sure that the total number of drops is between 20-25)

Instructions

1. Using a double boiler (see Virgin Coconut Oil & Shea Butter DIY Deodorant recipe for a simple method of improvising a double boiler) set over low heat, place the Shea butter, oils and beeswax

to melt. Stir gently until everything has melted.

The last thing to melt should be the beeswax.

2. When fully melted, remove from heat. Set aside and allow to cool for a while.
3. Add the arrowroot, vitamin E and food grade diatomaceous earth. Whisk vigorously.
4. Add the essential oil. If you choose more than one essential oil, add them one at a time. Then mix well.
5. Pour into clean containers and allow to set. This should take around 30 minutes or less. When set, your anti super-sweaty deodorant is ready for use.

Note: Beeswax is made from the wax secreted by bees. It has a wide variety of uses. However, a very small number of people are allergic to beeswax. If you

are allergic to beeswax, you can replace it with carnauba wax. For the vegans, soy wax is another alternative.

20. DIY All Natural Deodorant For

Sensitive Skin

The chicken or the egg conundrum can also apply to caring for sensitive skin; do harsh cosmetics cause sensitive skin, or was the skin always susceptible to irritants? Whatever the truth, a simple solution is to use all natural, organic (as much as possible), and fresh ingredients in all products that will touch our skin. In this recipe, only basic ingredients are used to ensure dry underarms without skin irritation.

Ingredients

- ¾ cup organic arrowroot powder (a good substitute is non-GMO cornstarch)
- ¼ cup of baking soda

- 6 tablespoons of melted coconut oil

Instructions

1. In a bowl, combine the arrowroot powder and baking soda.
2. Add the melted coconut oil and stir in using a fork.
Mix until there are no more lumps.
3. Transfer the mixture into a clean container and cap tightly.

Note: If you are not satisfied with the consistency of the finished product, add more coconut oil. Continue to stir until you reach the desired consistency. To use, just scoop out a small amount and apply to clean underarms.

For those who are unfortunate enough that even this gentle recipe irritates their sensitive skin, one option is to simply try melted coconut oil alone which can act as a very basic deodorant.