

## Easy to Make Natural Deodorants

### Deodorant Cream

This recipe makes a small amount, about 2 1/2 ounces. You can certainly double or triple the recipe if you need more.

1 Tbs shea butter  
1 Tbs coconut oil  
1/2 tsp jojoba oil  
1 tsp bees wax  
1 Tbs cornstarch  
1 Tbs baking soda  
scant 2 tsp kaolin clay

Combine the oils and bees wax in a glass measuring cup and melt in a hot water bath. Allow to cool, mixing occasionally. Add the dry ingredients and mix well.

Apply a small amount (about the size of a pea) and rub in well. Usually one application is fine but if you exercise or go swimming you may need to reapply.

I really like this cream recipe; it works very well. It does have a drawback though. If you are wearing something tight, form fitting under the arms, you can get transfer onto your clothes. For those occasions I use a deodorant spray. It does need to be reapplied several times during the day.

Alternatively, you can add the dry ingredients to your favorite body balm.

### Deodorant Spray

2 oz witch hazel extract  
4 drops each of rosemary, clary sage, basil, & lavender essential oil.

Combine in a spray bottle. Shake well before each application. Spray on or apply with a cotton ball. If you have a favorite essential oil you can substitute it for the lavender.

On really sticky days I also like to apply a body powder. I keep it in a wide mouth container and use a smooth powder puff to apply it.

### Body Powder

1/2 cup kaolin clay  
1/4 cup cornstarch or arrowroot powder  
1/4 cup baking soda  
1/4 cup dried lavender & thyme, ground as fine as possible  
2-6 drops lavender essential oil (optional)

Mix all dry ingredients together. Add essential oils if using and mix well.

**As always, do a patch test whenever trying a new formula.**