

HOMEMADE LAVENDER DEODORANT

I've been using this simple, homemade deodorant for quite some time and I love it. It's simple to make, lasts a long time, and doesn't contain any chemicals or aluminum. The baking soda balances out the ph, and the coconut oil is anti-fungal and antibacterial!

Ingredients.

1/2 cup virgin coconut oil
1/4 arrowroot powder (use cornstarch if you can't find arrowroot powder)
1/4 cup baking soda
1 1/2 tablespoons almond oil
1/4 teaspoon (about 8 drops) lavender oil

Directions.

Melt the coconut oil in a small saucepan over very low heat. Thoroughly whisk in the arrowroot powder and baking soda until they are completely dissolved in the coconut oil. Turn off the heat and stir in the almond oil and lavender oil. Allow the liquid to cool and harden, stirring occasionally until it's completely cooled.

Once it's cooled completely it will be a thick paste. Stir it well before transferring it to a glass container with a tight fitting lid.

To use it, simply scoop a small amount (about 1/4-1/2 teaspoon) out with your fingertips and rub into your underarms as you would lotion.

Over time, especially in hot summer days, the deodorant may "fall apart". You can reform it by warming it up slightly and repeating the cooling/stirring part of the recipe.

*If you've been using tradition antiperspirant you will notice that you will sweat when you wear deodorant. Antiperspirant doesn't allow you to perspire, deodorant does. Also, it may take your skin a week or so to adjust to the ph of this deodorant and your underarms might itch a little (I didn't experience this but apparently some people do).

Yield: about 1/2 cup of deodorant

RECIPE BY KACIE MCMACKIN

www.withlovekacie.com

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