

# DEODORANT

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## WHAT YOU'LL NEED

*baking soda*  
*arrow root powder*  
*organic, unrefined coconut oil*  
*essential oils*

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## INSTRUCTIONS:

1. Mix equal parts of arrowroot powder and baking soda together.
2. Add the coconut oil and your favorite essential oils, like grapefruit or tea tree, to the mixture. You can adjust the consistency by adding more coconut oil if needed.
3. Pour into a small glass jar (I like pint-size mason jar) and store at room temperature. Homemade deodorant will last up to two years in an airtight container.
4. Use a popsicle stick to get the deodorant out of the container and transfer to your finger. Make sure you use enough under your arms to keep you “sure” all day long. A pea-size amount is usually good.

***\*\*When you initially make the switch, you may experience an itchy rash, red bumps, or increased sweat and odor when transitioning to a homemade deodorant. Don't let this stop you!***

***Drinking plenty of water and dry brushing are two awesome ways to assist your body as it adjusts away from the chemical-laden deodorants you used to use. We call this detoxing your armpits\*\****

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