



The Vitamin Bee is not the author of the below recipes, it was a post on the Internet. There are two options, I personally use the first one. These recipes have been on my computer for a while, I apologize for not recording the author. If anyone knows who penned this, please let me know so I can give proper credit.

My results; The Coconut Oil Deodorant is extremely effective. It controls odor for at least 24 hours and is my go-to. The only time I do not use it is when traveling, I have found that the mixture separates when you leave it in your luggage – in the car – on a hot South Florida day (the coconut oil liquifies and leaks out). For travel I use a commercial brand but still a deodorant, antiperspirants contain aluminum, which I try to avoid. I did experience redness and burning with the recipe as written but found cutting the amount baking soda in half was quite tolerable and it still lasts just as long. My favorite essential oil to add, Tea Tree oil and maybe a dash of Rosemary.

Be aware, these are Deodorant recipes, not Antiperspirants. They will not keep you from sweating.

After mixing up a batch, I spoon them into empty deodorant containers purchased from eBay: One batch fills 4 of these:



Things to be aware of. The mixture sets up but not enough to use as normal deodorants, it is too creamy. You have to leave it even with the top of the container, not 1/2" up as you would with commercial deodorants. Conversely, it does not work well with the cream style antiperspirant containers that have a plastic cover with holes in it, it is too thick to flow through the holes.

Found at TheVitaminBee.net/blog

The Vitamin Bee is not a healthcare site, nor are the recipes doctor recommended. These are personal experiences for homemade alternatives to commercial products.

Coconut Oil Deodorant Ingredients

- 6 T coconut oil
- 1/4 cup (4 T) baking soda
- 1/4 cup (4 T) arrowroot or organic cornstarch
- essential oils (optional)

Coconut Oil Deodorant Instructions

Mix baking soda and arrowroot together in a medium sized bowl.

Mash in coconut oil with a fork until well mixed.

Add oils if desired.

Store in small glass jar or old deodorant container for easy use.

Why Use Natural Deodorant?

I started this pursuit to avoid nasty additives in regular deodorant, but I'm a lifelong convert because it works!

No, really! I was the girl who rejoiced when Secret Clinical Strength came out before prom one year. I've had to use regular deodorant a few times since I started the natural, and it doesn't work as well. Although not an antiperspirant, it does seem to absorb a lot of wetness.

After a few weeks of using natural, I noticed an unexpected side effect... I wasn't sweating as much to begin with. Months later, and I notice this even more!

Troubleshooting and FAQs

Q. This homemade deodorant is giving me a rash... Did I do something wrong?

A. Some people react negatively to the baking soda and develop a rash or underarm discoloring. If this happens to you, I'd suggest stopping using the natural deodorant until you are able to resolve the issue. Many people cut the baking soda amount in half and notice that the irritation goes away. Also, make sure that you aren't reacting to any essential oils you use in your homemade deodorant.

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Shea Butter Deodorant Ingredients

- 3 T Coconut Oil
- 3 T Baking Soda
- 2 T Shea Butter
- 2 T Arrowroot (optional) or organic cornstarch
- Essential Oils (optional)

Shea Butter Deodorant Instructions

Melt shea butter and coconut oil in a double boiler over medium heat until barely melted. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out... This can also be done in the microwave if you have one.

Remove from heat and add baking soda and arrowroot (If you don't have arrowroot, use more baking soda or just omit)

Mix well

Add essential oils and pour into a glass container for storage. It does not need to be stored in the fridge.

If you prefer, you can let it cool completely and put into an old deodorant stick for easier use, though it may melt in the summer!

NOTE: It may take several hours to completely harden and this process can be sped up by putting in the fridge for a few minutes.

I urge you to try making your own deodorant. Even if you aren't daunted by the ingredients in your own deo, wouldn't you feel better knowing you weren't putting anything on your skin that you couldn't eat (not that you would want to eat shea butter!) If you do try it, let me know the outcome!

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