

# B'S HOMEMADE DEODORANT (BAKING SODA FREE)

## INGREDIENTS

Equal parts:

- Zinc oxide powder (amazon)
- Magnesium powder\* (vital bulk)
- Coconut oil
- Few drops essential oil (optional)

\* any form of magnesium will work, but magnesium oxide for topical use is typically more cost-effective

\*use organic ingredients as much as possible

## DIRECTIONS

1. Mix zinc and magnesium powder together.
2. Mash in coconut oil with a fork or your hands until well mixed.
3. Add essential oil and mix well.
4. Store in a sealable container.

## WHY I MAKE MY OWN DEODORANT



## METHOD OF APPLICATION:

1. Scoop out a pea sized amount of deodorant. While holding the piece between your fingers, pass it quickly under running water to help moisten the deodorant if needed (especially during the winter months when the coconut oil hardens). Rub it into your armpit until it disappears.
2. Repeat with the other side.