

# B'S HOMEMADE DEODORANT (WITH BAKING SODA)

## WHY I MAKE MY OWN DEODORANT



**Makes 4 oz or ½ cup /  
~ 2 month supply**

## INGREDIENTS

- 2 Tablespoons coconut oil
- 4 Tablespoons baking soda
- 4 Tablespoons arrowroot powder
- 3-4 drops of Tea Tree essential oil (or your preference)

## DIRECTIONS

1. Mix arrowroot powder and baking soda 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.

**\*USE ORGANIC INGREDIENTS AS MUCH AS POSSIBLE**

## 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.