

COCONUT OIL-COCOA BUTTER DEODORANT



I've made my own body lotions, scrubs and face creams, finally I asked myself: "why don't I make a deodorant?"

For years I've been using Tom's because it does not have Aluminum in it which:

*has been linked to **breast cancer** in women and has also been linked to an increased risk of **Alzheimer's** disease.*

Then I discovered that the main ingredient in Tom's is propylene glycol. Weirdly enough reading about it I discovered a quote:

The Material Safety Data Sheet warns users to avoid skin contact with propylene glycol as this strong skin irritant can cause liver abnormalities and kidney damage.

Since that day I would barely would use a deodorant but that didn't work for me. At the same time I wasn't willing to pay \$7 for an 2.5 oz. of organic deodorant.

So I have decided to make my own.

Ingredients:

2 Tbsp. cocoa butter

2 Tbsp. coconut oil

2 oz. baking soda

1.5 oz arrowroot (or corn starch)

4 capsules vitamin E

10 drops essential oil (your choice)

Directions:

Melt cocoa butter with coconut oil over double bath until combined and there is no cocoa butter pieces remaining and it looks like that:



Wait until the mixture is cool and add baking soda, arrowroot, essential oil. Poke a small hole in vitamin E capsules and squeeze the content to the mixture. Mix it well until everything is well combined.

At this point the mixture won't be very thick. It will get there, don't worry. You need to stir it from time to time and, if you impatient like me, put it in the fridge for 10 minutes.

In my case, after those 10 minutes in the fridge, my mixture got very hard. Definitely it wasn't a consistency I was hoping for. I let it sit in a room temperature for 10 minutes and after that it got soft again, a little bit too soft. I figured it out that the temperature in my kitchen (as I was baking and cooking at the same time) might be too high for the coconut oil to get thick again. So I moved the jar to my bathroom where the temperature is much lower. That did the trick. My deodorant set perfectly. The consistency is thick-soft. I can use my finger to apply it on the skin without any problems.

To store it I used jar after Fleischmann's dry yeast (4 oz.). From this recipe I filled that jar to about 3/4.

Not bad!

So far I really like it. It works way better than Tom's and I use only tiny bit on my skin.

Today is the 1st of October and I've been using this deodorant since February. The deodorant is not even half used.

I store it in a bathroom and it melted only once during a VERY HOT period in the summer.

*the original recipe can be found on my blog:
www.momphotographer.wordpress.com
if you have any questions you can email me at:
farfar.awe@gmail.com
or leave a comment on my blog*

*Additional note:
I am not a doctor and I do not have education in cosmetology. You're using this cream on your
own risk.*