



## Homemade, Natural Deodorant Recipe & Benefits

¼ Cup Coconut Oil  
¼ Cup Corn Starch  
¼ Cup Baking Soda  
25 - 30 Drops Essential Oil (Optional)

Mix all together in a container for use.  
If you want to make a stick deodorant, you will need to add Bee's Wax.

### Benefits:

**Coconut oil** in deodorant provides natural, antimicrobial odour protection through lauric and caprylic acids that fight odor-causing bacteria. It acts as a skin-soothing moisturizer, reducing irritation from baking soda or commercial chemicals. It serves as a, sustainable, aluminium-free base that nourishes underarm skin.

#### Key benefits of coconut oil in deodorant include:

- **Natural Odour Fighting:** It acts as an antimicrobial agent that tackles bacteria at the source rather than just masking odour.

Coconut oil contains high levels of lauric acid; this fatty acid is amazing in its ability to kill bacteria. Lauric acid applied on the surface of the skin specifically attacks those bacteria that use sweat as their source of food hence producing a bad smell afterwards. This process is simple: by decreasing bacterial population, coconut oil naturally lowers the chances of having a bad smell.

- **Skin Conditioning:** It prevents dryness and soothes delicate underarm skin, often acting as a barrier.
- **Aluminium-Free Alternative:** Provides a healthier, natural alternative to conventional antiperspirants. Traditional antiperspirants rely on aluminium salts to block your pores completely, preventing all sweat. Coconut oil takes a different approach entirely. With coconut oil you're not fighting your body's natural cooling system, you're just making the process smell-neutral.
- **Texturizing Agent:** Helps to create a smooth, spreadable consistency for stick or balm deodorants.

**Corn starch** in deodorant acts as a natural, hypoallergenic moisture absorber that keeps underarms dry without aluminium. It soothes sensitive skin, reduces irritation from other ingredients like baking soda, and provides a smooth, silky texture to formulas.





### **Key benefits of corn starch in deodorant include:**

- Moisture Absorption:** It effectively absorbs excess sweat and moisture, helping to keep skin dry.
- Skin Soothing:** It helps reduce skin irritation, redness, and rashes, making it suitable for sensitive skin.
- Natural Texture:** It adds a smooth, velvety, and silky-soft feel to the skin.
- Odour Reduction:** While primarily for moisture, it helps combat odor and keeps you feeling fresh.
- Aluminium-Free & Natural:** It provides a safe, biodegradable alternative to conventional antiperspirants.

**Baking soda** (sodium bicarbonate) in deodorant effectively neutralizes underarm odour by changing the pH of sweat, creating an environment where bacteria cannot thrive. It acts as a natural, aluminium-free, and cost-effective alternative that also helps absorb moisture to keep you dry.

### **Key Benefits of Baking Soda in Deodorant:**

- Neutralizes Odour:** It directly acts on odor-causing acidic waste products from bacteria in sweat. Body odour isn't caused by sweat itself (which is mostly water and salt), but by bacteria breaking down components of sweat—especially fatty acids and proteins—into volatile compounds that smell. Baking soda is mildly alkaline, so it neutralizes these acidic byproducts, making them less smelly.
- Natural Antibacterial:** It acts as a natural antibacterial agent to reduce odour-causing bacteria. Bacteria thrive in warm, moist environments like the underarm. Baking soda's alkalinity makes the environment less favorable for odour-causing bacteria, reducing their activity and growth.
- Absorbs Moisture:** It helps absorb sweat, reducing the feeling of wetness. Baking soda helps absorb some moisture, which also indirectly helps reduce odour since bacteria multiply more quickly in damp conditions.
- Chemical-Free Option:** It allows for a formulation free of aluminium and synthetic fragrances found in many commercial deodorants.

