

# ALL-NATURAL DEODORANT

## Ingredients:

- 1/4 cup arrowroot powder (38 g)
- 1 T bentonite clay (52 g)
- 1/4 tsp. zinc oxide (0.75 g)
- 3 T beeswax (29 g)
- 2 T unrefined coconut oil (32 g)
- 2 T tallow (25 g)
- 1 T witch hazel (15 g)
- 1 tsp vitamin E oil
- 10 drops tea tree essential oil
- 15 drop lavender essential oil

## Instructions:

1. To a double boiler, or a metal bowl that fits on top of a small saucepan of water, add the tallow, beeswax, and coconut oil. Place the double boiler over medium heat. Slowly melt the mixture, whisking occasionally until it is completely translucent.
2. Remove it from heat and stir in arrowroot powder, bentonite clay, and witch hazel. Whisk to combine.
3. Return to the heat and whisk just until smooth.
4. Remove from heat and whisk in the vitamin E oil. It isn't required, but I like to use a hand blender to ensure that there are no clumps.
5. Continue to whisk the mixture until it cools to the point where you can comfortably put your finger in it. Whisk or blend in your essential oils.
6. Pour the mixer into an empty deodorant tube or a small jar and place it in the refrigerator until it solidifies. Once it is solid, you can take it out and store it at room temperature.

Notes: After cooling there may be a small hole in the center of the deodorant tube. I just reheat the small amount left in my pot and then pour it into that hole.

Also, this won't stay solid in the heat so don't leave it in a hot car or a very hot room.

As with all natural deodorant, you will need to reapply if you are exercising, in extreme heat, or sweating often.