

# Pine River Library Program in a Bag: Make Your Own Natural Deodorant

## Why Make Your Deodorant?

Making your own deodorant is easy and you can customize your favorite scent by using different essential oils. DIY body care products are an easy way to remove chemicals from your personal care routine, and you are also helping the environment by cutting down on plastic packaging.

## -----All Natural Deodorant Recipe-----

**Makes enough for one half pint Mason jar or similar sized jar**

**½ T. beeswax (pellets or tightly packed grated)**

**3 T. coconut oil**

**1 T. arrowroot starch**

**2 T. baking soda**

**Optional: about 10 drops essential oil\***

- **Place a glass container (mason jar or pyrex measuring cup) in a pot full of water to act as a double boiler.**
- **Gently melt beeswax in glass container, then add coconut oil and let melt.**
- **Stir to incorporate.**
- **Once the mixture is clear and totally melted, remove from heat and stir in baking soda, arrowroot, and essential oil.**
- **Pour into desired container and let set.**

**Use: Scoop a dab of deodorant out of the jar, about the amount that can fit on two fingers, rub the paste between your fingers so it softens and spreads easily. Rub into both armpits. Feel free to use more or less during each application- you know your body!**

**\*A quick essential oil guide:**

Eucalyptus: Relieves headaches, improves circulation

Lavender: Relaxing, antibacterial

Peppermint and Rosemary: Energizing

Tea Tree: Antibacterial, antifungal



# Want to try making other natural body care products? Here are a few resources we like!

## Websites:

[www.thankyourbody.com/diy/](http://www.thankyourbody.com/diy/)

[www.wellnessmama.com/5801/diy-beauty-recipes/](http://www.wellnessmama.com/5801/diy-beauty-recipes/)

[www.mommypotamus.com/natural-beauty/](http://www.mommypotamus.com/natural-beauty/)

[www.goodhousekeeping.com/beauty/anti-aging/tips/g527/diy-natural-skincare/](http://www.goodhousekeeping.com/beauty/anti-aging/tips/g527/diy-natural-skincare/)

[www.diynatural.com/category/beauty/](http://www.diynatural.com/category/beauty/)

[www.blog.mountainroseherbs.com/topic/natural-body-care](http://www.blog.mountainroseherbs.com/topic/natural-body-care)

## Books:

*Homemade beauty: 150 simple beauty recipes made from all-natural ingredients* by Annie Strole

*The Green Beauty Guide* by Julie Gabriel

*Skin Cleanse* by Adina Grigore

## Questions?

Contact P.R. and Programming Librarian Darcy Poletti Harp by email at [darcy@prlibrary.org](mailto:darcy@prlibrary.org) or by phone at 970.884.2222 ext. 522. You can also let her know if you have any ideas for "Program in a Bag" kits you'd like the library to develop.