How To Make Your Own Natural Deodorant at Home – Recipe

When I am at my healthiest, I do not have body odor. I smell when I sweat, but it's really not an unpleasant odor. People often ask me what kind of cologne I am wearing, and I do not wear cologne. But my natural smell does turn to body odor if I am not eating extremely well or if I am stressed out.

When I was in a relationship, my girlfriend and I became very aware of smell. In fact, when we got used to each other's smells, we knew when we were irritated, overly stressed, happy, and even horny. We knew when we should leave each other alone, and when knew when we should get under the sheets, just by body aroma. It is subtle, but something well worth tuning into and practicing. Imagine how much better we as a society would get along if we all paid attention to each other's natural pheromones!

I don't always eat perfectly. And there are times when I get stressed. Unfortunately, in the outside world it's not appropriate to let everyone know that I am not in a good mood via body odor.

I have tried many natural deodorants. Many of them that claim to be natural are not natural and/or are not healthy. Most of them do not work. In fact, I have only come across three that have worked. One is made by a multi-level marketing company called Miessence. Erin Ely, an independent marketing distributor, sent me a sample. Her website is elyorganics.com. The deodorant roll-on I tried worked great! It lasted 6 to 8 hours and it is truly a natural healthy product. This is by far the best all natural deodorant that I have ever used.

Another good one is Herbal Magic Roll-On Deodorant by Home

Health U.S. I found this one at Whole Foods. It worked for 3 to 4 hours and did a fine job of keeping me odor free.

The third best all-natural deodorant I have tried was Terressentials Super Protection Deodorant. This deodorant is powerful, lasting as long as anything I have ever used, but it has one very significant drawback—it leaves a white residue on clothing. For this reason I rank it in third place.

You could try these deodorants or you can make your own deodorant at home!

All Natural Deodorant Recipe DIY

- 5 tablespoons unrefined coconut oil (Green Lifestyle Market sells coconut oil here)
- 5 tablespoons pure cocoa butter (no additives)
- 3 tablespoons of aloe-vera juice (Green Lifestyle Market sells aloe-vera juice here)
- ½ cup baking soda and/or arrowroot
- ¼ cup witch hazel extract
- 4 drops tea tree oil (Green Lifestyle Market sells tea tree oil here)
- 5 drops of lavender essential oil

Heat the coconut oil and the cocoa butter until they are liquid and combine ingredients in a blender, or a food processor. Place into a container of your choice and refrigerate overnight.

There are a lot of ways you can adjust this recipe. If you want a powder deodorant you can decrease the amount of liquid ingredients and increase the baking soda and you can also add corn starch. (Corn starch feeds yeast. If you have any yeast problems, forgo the corn starch).

You can make a roll-on liquid or even a spray deodorant by using less coconut oil and less cocoa butter, leaving out the

baking soda, and adding more aloe-vera juice and witch-hazel extract (consider ¼ cup of each).

Add more cocoa butter (I’m talking about the real, pure, super thick cocoa butter, not the creamy stuff with the additives) and it makes for a great stick deodorant that you can put into an old deodorant container.

Feel free to experiment with essential oils for fragrance. For a masculine woodsy scent try oil of oregano, which also adds to the odor protection with its anti-bacterial properties.

If you have any all natural deodorant recipes or variations of this one that has worked for you, feel free to share in the comment section below.