

Eating a healthy diet and drinking enough water can help to reduce body odor, but sometimes you need a little extra help. Conventional deodorant works wonders, but is packed full of additives that may be harmful to your health. This DIY option will provide antibacterial and antifungal properties that kill the bacteria and yeast that cause the bad smell while providing fatty acids and vitamin E that protect and heal the skin from any irritations.

Shea Butter Deodorant

Ingredients:

- 3 Tablespoons Coconut Oil
- 3 Tablespoons Baking Soda
- 2 Tablespoons Shea Butter
- 2 Tablespoons Arrowroot or organic cornstarch
- Essential Oils (optional)

Directions:

1. Combine shea butter and coconut oil in a quart size glass mason jar with a lid and place this in a small saucepan of water until melted.
2. Remove from heat and add baking soda and arrowroot (If you don't have arrowroot, use more baking soda or just omit). Mix well
3. Add essential oils and pour into a glass container for storage. It does not need to be stored in the fridge.

Note: If you prefer, you can let it cool completely and put into an old deodorant stick for easier use. Store in a cool place to avoid melting.

Source: <https://wellnessmama.com/1523/natural-deodorant/>

