



MAKE IT

DEODORANT PASTE

Author of eco-friendly guide Naturally Inspired and founder of The Inspired Little Pot, Krissy Ballinger, has a simple recipe for DIY deodorant. Personalise the fragrance with your own blend of essential oils. theinspiredlittlepot.com.au



Shea butter is the main ingredient of this homemade deodorant.

Ingredients

75 grams shea butter
65 grams coconut oil
15 grams beeswax
60 grams arrowroot flour (or cornflour)
25 grams sodium bicarbonate
40 drops of essential oils
(Krissy suggests patchouli, tea tree and lavender)

Method

Add shea butter, coconut oil and beeswax to a glass bowl and heat until completely melted. Use a microwave (heating in short bursts on low and stopping frequently to stir) or the double-boiler method (placing bowl on a pot of gently simmering water and stirring frequently).

Remove from heat.

Add remaining ingredients and mix until combined.

Transfer into your container of choice.

Place in the fridge or freezer to set (this will reduce the chance of graininess developing over time) then store in your bathroom cupboard.

To use: Scoop a small amount of balm (the size of your fingernail is plenty) and rub gently onto clean armpits.