

# How To Make 'Semi-Soft' Deodorant



## Supplies you will need:

- 5 small glass bowls or measuring cups (glass or stainless steel)
- Stainless steel spoons (5-7) – for spooning out butters from containers
- Double boiler
- Stainless Steel Whisk
- Baking Sheet or Tray with Wax paper on it.

## Ingredients:

Recipe for semi-soft Deodorant (for glass jars)		
Ingredient	Percentage	Total in ounces / gms
Shea butter	35%	3.525oz / 100gms
Coconut oil	18%	1.765oz / 50 gms
Cocoa butter	5%	.53 oz / 15 gms
Baking soda	28%	2.785 oz / 79 grams
Arrow Root Powder	14%	1.392 oz / 39.5 gms
<b>Essential Oils:</b>		
Cedarwood	Use 20-30 drops essential oil or synergy in each jar.	approx. 20-30 drops per jar (base on desired strength)
<b>Total Qty to Make: 10 * 1 ounce jars</b>		
<b>**Note:</b> You can use organic corn starch in place of arrow root powder. The arrow root gives the deodorant a more 'gray' color whereas the organic corn starch deodorant is a bit more orangey/yellow. This deodorant takes approx. 2-3 days to completely set. Even if it is refrigerated, you will see your final results in a day or 2. I was surprised once it had settled how much I really love this deodorant 'paste'.		

## Steps to Make:

**\*\*Begin** by cleaning space (e.g. kitchen) where product will be made. Wipe counter tops, clean utensils, measuring cups, and stainless steel pan (from double boiler) to be used, vacuum area, and generally ensure a clean environment. Sterilize product containers to be used, e.g. glass jars, etc. Don't forget to clean the outside of all the bulk containers, e.g. shea butter container, coconut butter, etc., and perhaps run a towel over the baking soda box.

**\*\*For** the outside of the containers of butters I tend to use a hot damp sponge or some alcohol on a paper towel to ensure the entire container is clean. I think it is important to be mindful of cleaning basically anything you will be using so as to minimize the likelihood that any bacteria will be introduced.

**Step 1:** Weigh all ingredients and have ready in separate bowls, measuring cups, and/or glass cylinder (to measure essential oil/s).

**Step 2:** Turn on heat under double boiler to medium/high.

**Step 3:** Once double boiler is warmed/hot, place coconut oil and Shea butter into the top pot.

**Step 4:** When the coconut and shea butter are almost completely melted, add in cocoa butter. Cocoa butter melts quickly so as soon as it is done or just before, remove from heat. Remember, you don't want either the cocoa butter or the shea to be heated to long as this can cause beading in the end product (shea butter) or bloom (cocoa butter).

**Step 5:** Remove mixture from heat. \*\*\*\*Wipe bottom of pot with cloth or paper towel to remove any excess water. You don't want to get water in your deodorant as this will facilitate the growth of bacteria in the product.

**Step 6:** Combine powder of choice (arrowroot) and baking soda into the melted butter mixture. Add Essential oil/s.

**Step 7:** Using a stainless steel whisk, whisk the ingredients until well combined. \*\*I tend to whisk in-between pouring different jars to insure even consistency of ingredients, particularly the essential oils, throughout the mixture.

**Step 8:** Pour into 1 ounce glass jars (or other container). And place cap on each jar.

**Step 9:** Place on shelf. It will take 2-3 days to completely set if left at room temperature. Or place tray in fridge and it will take 1-2 days to completely set (\*even then after you have removed it from the fridge, it will change texture as it warms up to room temperature but should remain soft solid). I have found that after about 3-4 days of sitting at room temperature, the texture is what it will be throughout the products shelf life.

**Step 10:** Clean outside of jars with alcohol. Place label on jar.

- I used these labels: Ingredient Label and Main Label with Product Name.

**Step 11:** Store away from sunlight or direct heat. (Heat may change texture or melt deodorant completely.)

## Shelf Life of this Deodorant

Like any handmade product, I recommend using it up in 6 months. So it is a good idea to package deodorants in small containers, e.g. 1/2 ounce jar for this 'soft' deodorant.

## Which Essential Oils?

There are only a few essential oils which I would recommend putting into natural deodorants and these include:

- Cypress
- Cedarwood
- Juniper berry
- Lavender
- Blood orange
- and other gentle essential oils.

The above are my personal favorite to use, especially cedarwood and I really like juniper/cedarwood too.

I also prefer using single essential oils or at the most 2 essential oils (e.g a cedarwood/cypress combo is nice) as opposed to a combination of 3 or more essential oils, but this is entirely up to you!

## How to use:

Make sure your hands are washed and dry. Place the tip of one finger in jar, removing a small amount only. Gently rub in arm pit until 'absorbed'. The deodorant will last all day although some individuals will need to re-apply later in the day or if needed based upon activities of the day.

