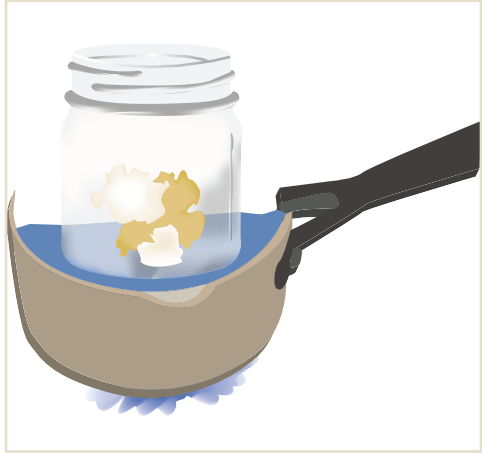


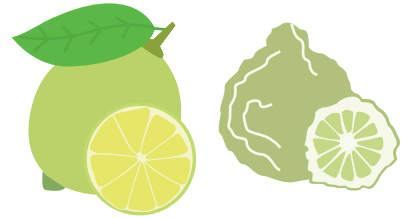
# Aluminum-free : it's what you need

Most deodorants contain Aluminum. When absorbed into the skin it has the potential to contribute to the cause of Breast Cancer and at times Alzheimers when it flows into the brain. Although these cases are rare, using Aluminum-free deodorant is a step towards a healthier body allowing for toxins to be released and regulating body temperature.

## DIY: Bergamot and Lime Deodorant



Note: Any essential oil can be used in place of lime and bergamot to make the deodorant more personalized to you.



### Ingredients:

- 1/4 cup Arrowroot starch/flour
- 2 1/2 tbsps unrefined Shea butter
- 2 1/2 tbsps unrefined coconut oil
- 2 tbsps aluminum-free Baking soda
- 12 drops Bergamot essential oil
- 8 drops Lime essential oil
- Optional: Tea tree essential oil

### Directions:

- 1 Place unrefined coconut oil and shea butter in a glass bowl or jar and place the bowl/jar inside a medium sauce pan.
  - 2 Add water to the saucepan (enough to surround bowl/jar but not to overflow it) and bring to a boil. As water is heating up, be sure to stir coconut oil and shea butter and continue to do so until it melts.
  - 3 Once melted, add in arrowroot starch and aluminum-free baking soda.
  - 4 Add drops of bergamot and lime essential oils.  
*Optional: 2 drops of tea tree essential oil*
  - 5 Place in a 3 ounce jar and allow to cool at room temp or in fridge (will harden faster in fridge) until it's reached a solid state. If hardening in fridge, it will need to thaw for 10 or so minutes before use.
- Cover with lid and keep in a cool and dry place.

### Application:

- 1 Wet underarms slightly (this helps with even application).
- 2 Spoon out a pea-sized amount with a wooden spoon or with fingers and rub between fingers before applying directly to underarms.
- 3 For a regular day, one application in the morning should be fine. For hotter days, workouts or if you're particularly sweaty, feel free to reapply as needed.