

Healthy Toxin Free Home made Deodorant

Are you in search of ways to keep you life toxin free? If so, I have the most amazing smelling and working deodorant I have ever found. It is so easy and cheap to make that I will never have to buy it again. The advantage to deodorants is your body releases the sweat it was designed to do instead of staying in your body and possibly leading to disease. In addition, since the skin is a major organ that makes up 80% of our body, it doesn't need toxins going into it that may not have been approved by the FDA.

Recipe: 1/2 cup of organic cold pressed coconut oil melted in warm water

1/2 cup baking soda

20 drops of your favorite essential oil. I used 10 drop of lemon and 10 drops of lavender.

It is smooth and smells amazing. It yielded 2 deodorant containers and 1/3 glass jar. It also smells great and works! I worked out hard for 90 minutes today to test it and I like it better than the other toxin free versions I have tried.

Elizabeth Reighard

ACE Certified Personal Trainer

ACE Certified Health Coach

Precision Personal Training

Results You Can Count On