

DIY Homemade Deodorants by Karen Hearing: A Comprehensive Guide to Natural Odor Protection



DIY: Homemade Deodorants by Karen Hearing

★★★★☆ 4.3 out of 5

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Are you tired of the harsh chemicals and artificial fragrances found in commercial deodorants? If so, you're not alone. More and more people are turning to natural alternatives to keep themselves fresh and odor-free.

One of the best ways to make your own natural deodorant is to use Karen Hearing's recipes. Karen is a certified aromatherapist and the author of the book "The Healing Power of Essential Oils." She has been teaching people how to make their own natural health and beauty products for over 20 years.

Karen's deodorant recipes are simple to make and use only natural ingredients. They are also effective at preventing odor and keeping you feeling fresh all day long.

Benefits of Using Natural Deodorants

There are many benefits to using natural deodorants, including:

- **They are free of harsh chemicals.** Commercial deodorants often contain harsh chemicals that can irritate the skin and cause allergic reactions. Natural deodorants, on the other hand, are made with gentle, natural ingredients that are safe for even the most sensitive skin.
- **They are more effective at preventing odor.** Natural deodorants work by killing the bacteria that cause odor. Commercial deodorants, on the other hand, simply mask odor with artificial fragrances.
- **They are better for the environment.** Commercial deodorants often come in plastic containers that end up in landfills. Natural deodorants, on the other hand, are often packaged in biodegradable containers.

How to Make Your Own Natural Deodorant

Making your own natural deodorant is easy. Simply follow these steps:

1. **Gather your ingredients.** You will need:
 - 1/2 cup baking soda
 - 1/4 cup arrowroot powder
 - 1/4 cup coconut oil
 - 1/4 cup shea butter
 - 1/4 cup beeswax
 - 10-15 drops of your favorite essential oils

- **Melt the beeswax and coconut oil in a double boiler.**
- **Remove from heat and stir in the shea butter.**
- **Add the baking soda and arrowroot powder.**
- **Stir in the essential oils.**
- **Pour the mixture into a deodorant container.**
- **Let it cool and solidify.**
- **Use as directed.**

Karen Hearing's Deodorant Recipes

Karen Hearing has developed a number of different deodorant recipes to suit different needs. Here are a few of her most popular recipes:

- **Basic Deodorant:** This recipe is a good starting point for those who are new to making their own natural deodorant. It is simple to make and effective at preventing odor.
- **Sensitive Skin Deodorant:** This recipe is made with gentle, natural ingredients that are safe for even the most sensitive skin.
- **Deodorant for Men:** This recipe is designed specifically for men. It contains essential oils that are known for their masculine scent.
- **Deodorant for Women:** This recipe is designed specifically for women. It contains essential oils that are known for their feminine scent.

Karen Hearing's DIY homemade deodorants are a great way to keep yourself fresh and odor-free without using harsh chemicals. They are easy

to make, effective, and better for the environment than commercial deodorants.

If you are looking for a natural alternative to commercial deodorants, I encourage you to try one of Karen's recipes. You won't be disappointed!



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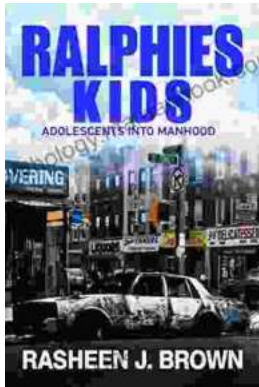
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