

ESSENTIAL OIL DEODORANT SPRAY



ORGANIC
ALCOHOL
CO.

INGREDIENTS

2 ounce Organic Alcohol

I used Organic Grape for it's fruity scent!

2 ounce Distilled Water

10 to 15 drops Essential Oils

I used Rosemary and Lavender

Fine-misting Spray Bottle

4 teaspoon Distilled White Vinegar

PREPARATION

1 Add Alcohol and Distilled Water together and shake. This dilutes your alcohol down to approx. 95-proof

2 Mix in Vinegar

3 Drop in Essential Oils. Make sure to do a skin-test patch for your essential oils to make sure it does not cause irritation

4 Shake mixture

5 Pour into a fine mist spray bottle. Glass is preferable

6 Use 2 to 3 spritzes per underarm

Note that this may take time for your body to adjust, add or omit essential oils as you like. I give it a shake before use, but alcohol works as a great emulsifier.