

Lena Lin

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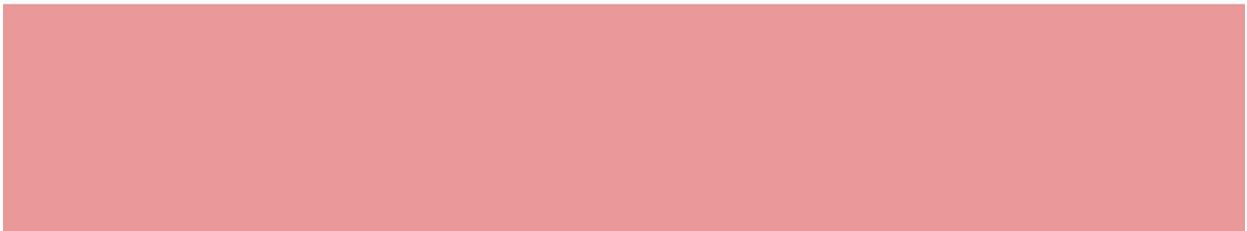
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Bloomington High School South

### Day 6 Greenest

I chose to make a DIY deodorant. I chose a recipe that called for the least amount of ingredients as possible (as I did not have the ingredients asked for for any other recipes): 1 part baking soda, 1 part cornstarch, 1 part coconut oil, and a few drops of lemon essential oil. I selected baking soda because it is a typical base for deodorant, cornstarch because it can soothe the skin, coconut oil because it benefits the skin and helps form the deodorant's consistency, and lemon essential oil because it benefits the skin and smells good. I stored my deodorant in an old, cleaned Estee Lauder container. My mom often buys high end beauty products that come in containers that can be easily repurposed, so it was the most convenient option for me.

# DIY DEODORANT



CONVENTIONAL BODY  
PRODUCTS CAN BE VERY  
DANGEROUS TO THE BODY.

> 20%

of chemicals have been assessed for their safety in the  
cosmetic industry.

# THE FDA

does not assess the safety of personal care products

+

does not require the ingredients to be listed on the label.

GREENWASHING  
MAKES COMPANIES  
LOOK BETTER THAN  
THEY ACTUALLY ARE.

But unlike those companies, I can be trusted!

Try some of my deodorant on your wrist and see if you like it.

It is made of baking soda, cornstarch, and coconut oil.

It also has lemon essential oil.

:)

BUYING YOUR OWN INGREDIENTS  
AND MAKING BODY PRODUCTS  
YOURSELF IS FAR MORE SAFE THAN  
BLINDLY TRUSTING EVERY PRODUCT  
AT THE STORE.

IN FACT, HERE IS A LIST OF SOME OF THE THINGS YOU CAN DIY!

(which will also help save on packaging)

make up (foundation, eyeshadow, eyeliner, lipstick, lip balm, etc.)

self care products (bath bomb, face mask, hair mask, exfoliator, etc.)

toothpaste

shaving cream

sunscreen

lotion

and of course, deodorant!

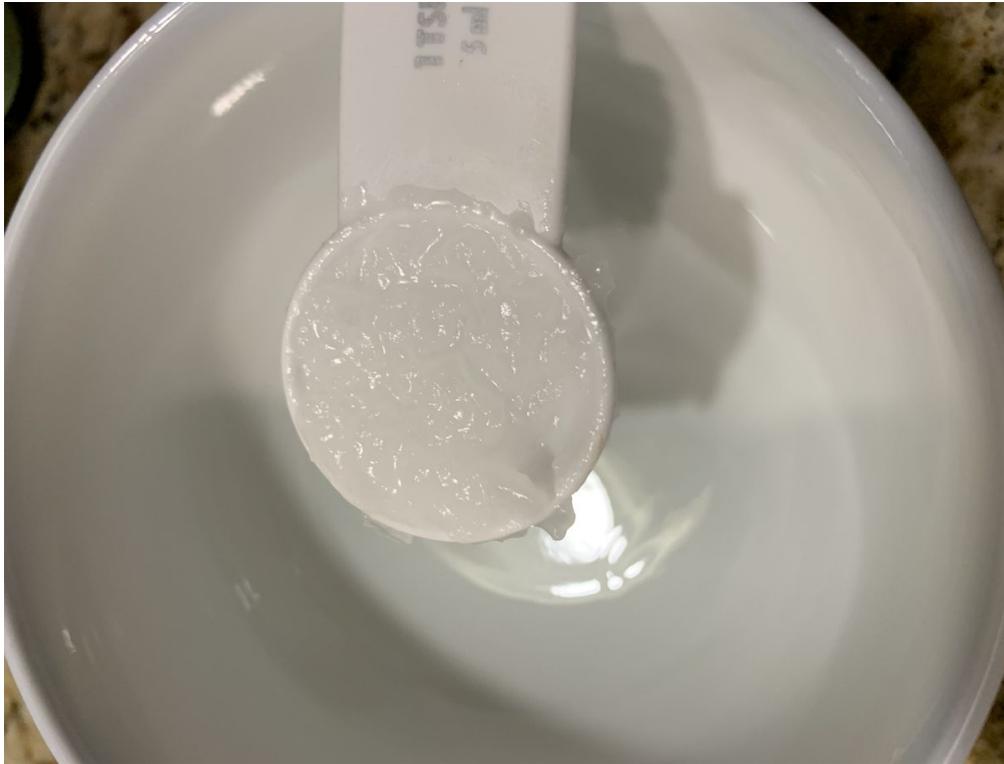
All of the ingredients and tools I used to make my deodorant



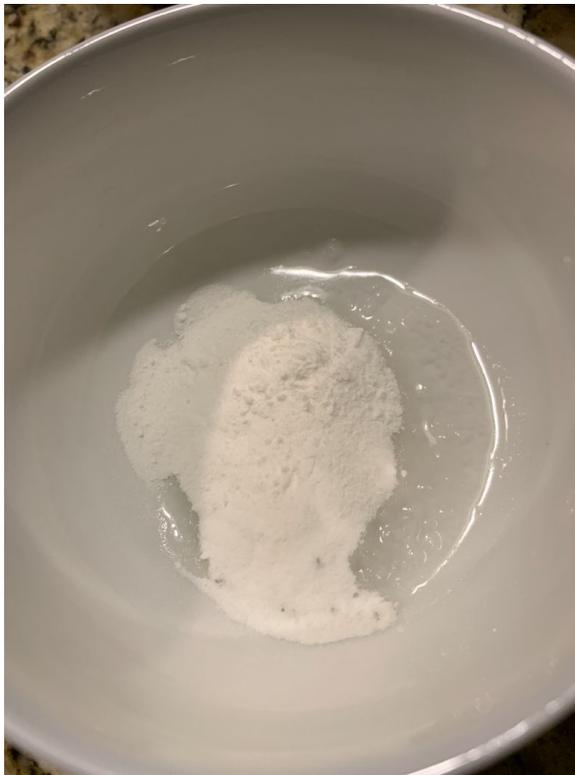
Grinding the baking soda (which apparently helps to prevent rashes from it later on) and cornstarch together



I put the coconut oil in a separate bowl and melted it for 5 seconds in my microwave to make it easier to mix



Adding everything together and mixing!



Last ingredient is the lemon oil



Final result immediatley after and then later in the night, after it solidified a little



<b>Person</b>	<b>How did they feel about the information you shared?</b>	<b>Did they seem open to switching personal care products?</b>	<b>Did they enjoy your DIY project?</b>
Jacob	He was lightly mortified considering how much he loves desposable face masks and bath bombs. Was much comforted after I told him there are many ways to DIY those things.	He wasn't too sure about switching bath bombs at first, until I told him I would make them for him for cheap. As for other products such as toothpaste, he was more willing to trade them out for more eco-friendly alternatives considering it is relatively easy to find and cheap. He was defensive about his shampoo and conditioner though.	Yes, he loved the smell and kept rubbing more on his arm. He liked the texture a lot too.
Neal	He already knew most of what I told him, although he was surprised at the fact that the FDA does not assess the safety of personal care products at all.	No, he regarded it as too much work, although I eventually convinced him to buy eco-friendly alternatives to certain products like toothpaste, shampoo and conditioner once he runs out of his current products. He was more open to the idea of DIY deodorant and thought he could make some too.	Yes, he also liked the smell and said he felt clean after using it. He liked that it didn't feel like there was anything on him, but he said that it might not work too well when he runs because of how much he sweats.
Arina	She wasn't surprised because she had already seen many Instagram posts about	Yes, she was very into the idea considering she has recently been	Yes, she liked the smell and thought it was a cool idea. She said it was especially

	<p>how dangerous many personal care products are. She was interested in the politics of the whole situation and how Europe has better control over the safety of their personal products.</p>	<p>working to lessen her ecological footprint and switch to eco-friendly alternatives for many things, such as straws, toothbrushes, razors, and menstrual cups. I told her a few more ideas (like toothpaste) and she loved those as well.</p>	<p>useful because typical deodorant is known to be harmful, but she uses it everyday.</p>
Hannah	<p>She was surprised by the scope of the situation and was shocked by many of the facts I told her. She was also a bit scared considering she uses a lot of personal care and beauty products everyday, far more than the average person.</p>	<p>Yes, although she was a bit conflicted because of the sheer number of products she would have to replace. She eventually agreed to research more on the topic and specific products after running out of the products she already uses.</p>	<p>Yes, she liked the smell. This was her initial reaction to me putting it on her:</p> <p><a href="https://www.instagram.com/p/B3UQm3uhuoF/?igshid=1wvrug886f97n">https://www.instagram.com/p/B3UQm3uhuoF/?igshid=1wvrug886f97n</a></p>
Mom	<p>She was very surprised by how drastic the issue is, especially because she thought a first world country like the U.S. would not have this type of problem (she is more used to China, where this problem is even worse). She was especially shocked at the fact that certain words (like organic, natural, etc.) have no legal meaning because she had</p>	<p>Yes, she is very enthusiastic about essential oils, so it wasn't hard to convince her that DIY-ing products would be fun and better for the environment. She also liked the fact that by DIY-ing products, she could save money. She wasn't as open to the idea of switching old products to different, more eco-friendly alternatives because</p>	<p>Yes, although she was quite unaffected by it because she doesn't wear deodorant. She liked the smell and that was pretty much it.</p>

	always bought products based off of those words.	she is so used to her current products, but she agreed to consider it.	
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