



Anáhuac
Mayab

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1. What recipe did you choose?

There are two recipes, one is to make a deodorant stick and the other one is a toothpaste both being homemade.

Homemade Coconut Oil Toothpaste

You will need:

- 3 Tbsp coconut oil
- 3 Tbsp baking soda
- 25 drops [bergamota](#) essential oil
- 10 drops of liquid stevia
- 10 drops of turmeric essential oil

Link: [Homemade Toothpaste: Want to Ditch the Fluoride? - Crunchy Betty](#)

Natural Homemade Deodorant Stick

You will need:

- 2 heaping Tbsp. beeswax pellets (pellets are easier to measure)
- 1 Tbsp. cocoa butter
- 5 Tbsp. coconut oil
- 1/4 cup cornstarch (or arrowroot powder for very sensitive skin)
- 1/4 cup aluminum free baking soda
- 10-15 drops tea tree essential oil
- 10-15 drops lavender essential oil
- 10-15 drops of other essential oils (optional; used for scenting purposes)
- 2-3 new or used deodorant tubes (cleaned and twisted all the way back down)

Link: [Homemade Natural Deodorant Recipe \(thehumbledhomemaker.com\)](#)

2. How did you select ingredients? Could you source any organically?

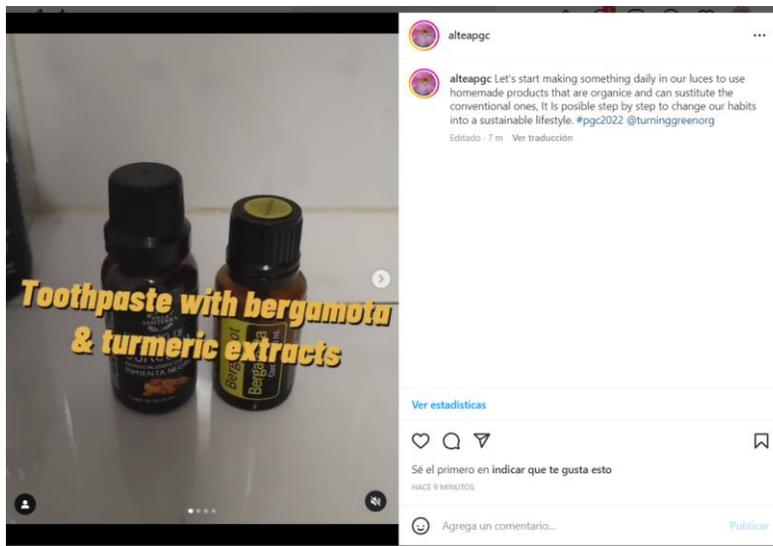
There were selected at a bulk store where the products are organic called Villa semilla and that's the store's focus but also there were bought just the amount needed to do the deodorant and the toothpaste.

What did you put your product in? A repurposed container? Plastic-free? Upcycled jar? The containers used to make the product were reused containers.

Caption: Let's start making something daily in our lives to use homemade products that are organic and that can substitute the conventional ones, it is possible step by step to change our routines into a more sustainable lifestyle.



- Did your DIY product work?
If it works, I was surprised by the way of using the deodorant and the taste of the toothpaste at the end, the touch of turmeric and bergamot coincide very well
- Were they surprised by any of the facts?
At first when I read the challenge I was worried because I thought that making the products and getting the materials was going to be very difficult but as I progressed I realized that it is something simple when you already know where to get your materials
- Will they follow your lead and take a look at ingredients in their own current products?
Yes, at least in my family I explained why you have to use ecological alternatives that keep their list of ingredients in natural and non-polluting products.
- Are they open to switching to more conscious products?
They are still not 100% sure if they could change their products to ecological products but step by step I will get them to convert their lifestyle to a more ecological one.





My mom and my brother's girlfriend were fascinated when they saw the process of creating the two products, they liked it so much that they used it and they were surprised that it worked, but they were not very pleased with the toothpaste because of the texture and flavor.

And as an individual experience, I, Valentín, would encourage myself to continue making my homemade personal care products, I liked the way of preparation, knowing what ingredients it has and the ease of being able to play with the aromas that I later use