

# Unicorn Lymphatic Love

DETOX, DEODORANT, AND MORE!

Send me your  
suggestions!

DIYs for an  
Adventure Life



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ADVENTURES FOR #REALLIFE

# WHAT'S IN YOUR DEODORANT?



## ALUMINUM -

linked to breast cancer in women + increased risk of Alzheimer's disease



## PARABENS -

linked to birth defects. disrupts hormonal balance leading to early puberty in children + increased breast cancer risk.



## PROPYLENE GLYCOL -

petroleum chemical used to soften cosmetics. damages nervous system, liver + heart



## "FRAGRANCE" -

can LEGALLY hide chemicals like phthalates that cause birth defects, disrupt hormones, + mutate cells



## TRICLOSAN -

classified a pesticide by the FDA + a probable carcinogen by the EPA.



## BHT -

causes hyperactivity in children and is a KNOWN CARCINOGEN.

## Pro Tips for Transitioning to Natural Deodorant – *Why to Detox and How to Switch!*

A few words of caution from what our family has learned as we transitioned over from chemical brands (*sadly even some of the natural options are still pretty toxic with synthetics and yuck*) to natural. First, I strongly encourage people to do an armpit detox to help get any build-up of yuck out of their systems. The **number one challenge** we have seen people face is that when they switch to natural, the first few days or weeks they seem to smell bad and *so they give up and quit*. #DontDoThat #YouCanGetThroughThis

Depending on what products you are switching away from and where your body is at, it may in fact be trying to *purge toxins* that have built up over time in your armpits and that is the resulting smell. As we help your body to do that detox more quickly using the detox recipe, **then you can get through it more quickly** (for example over a long weekend from Friday night until Monday morning). The recipe you will find here can really help pull out those toxins using bentonite clay which is also one of the ingredients needed in the sensitive skin deodorant recipe. Bonus!

As you are detoxing, redness of the skin may occur from the toxins are leaving your body. Read the recipe carefully for recommendations and *slow it down or spread it out* over a longer period if redness occurs, or as needed.

Once you start into your new DIY deodorant, then you will be off and running toward an awesome solution for your health. Remember, it's not a chemical antiperspirant, so you will have some sweating which is what **your body needs to do**. However, you shouldn't have major odor and your sweating should be manageable. *Give yourself grace and be patient as you go through this process* and you are sure to find success. **Your long-term health is so worth any short-term inconvenience!**

After using these recipes for quite a while now, I can manage all summer and not have an issue with being stinky or too sweaty. *I have even had days when I forget to apply it* and I still do pretty well.

These two deodorant recipes are written to be used **from in a jar and applied using your fingers**. You will find with the coconut oil base, you can scoop out a small amount and very quickly with the heat of your hand it will start to melt. This allows it to absorb very quickly into your skin and you should have no issue with it getting on clothing. If it is staining clothing, it's likely that you are likely *using too much*. It should warm up and fully absorb into your skin so adjust amount accordingly.

I call one of the two recipes we are sharing a **'sensitive-skin strength'** and you will see it contains a lower amount of baking soda. Some people notice redness on the standard recipe which is often tied to the baking soda, the amount you are detoxing, or the overall sensitivity of your skin. Again, after detox and maybe try one batch of sensitive and then most people can then move to the adventure strength recipe!

You can experiment adding organic beeswax (<https://amzn.to/35jKYxs>) to make a firmer product that can be put into an empty deodorant stick style container (<https://amzn.to/3s3sUkS>). However, in my experience I found it was a lot more expensive, created extra work, and then the wax was tending to build up on our clothing. So, my husband and I just stuck with no wax and the simple jar (this one is my favorite: <https://amzn.to/3s0gABX>). I also have concern about clogging your pores and not allowing the body to sweat out toxins the way it needs to if too much wax is involved.

You'll have to let me know how it all works out for you! Let's stay connected: <https://echoalexzander.com/page/social>



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## DIY Armpit Detox Recipe & Protocol for Use

This is the easiest DIY recipe you'll ever have to make! And it is so simple to use, you will get through it in no time.

### Ingredients

- 1 tablespoon of paraben-free bentonite clay (<https://amzn.to/2MFt2qO>)
- 2 teaspoons of organic apple cider vinegar (<https://amzn.to/2JPCjLK>)
- OPTIONAL:
  - Water
  - Aloe Vera spray (<https://amzn.to/3niZMCJ>)



### Directions

1. In a small glass bowl mix the bentonite clay and apple cider vinegar. *Make sure you use a wooden or plastic spoon – do not use a metal spoon since it affects the properties of the bentonite clay.*
2. Mix it well. It should look like a paste. If it doesn't look like a paste after you mix it well, you can add a tiny bit of water until you get the consistency that's pictured here:



Once it's ready spread on your armpits and leave it on for 5-15 minutes. *If this is your first time doing a detox, I suggest you start with 5 minutes.*

You shouldn't feel anything when you have this mixture on your armpits, if it's burning or hurting, remove it immediately. I personally have left it for 20 minutes and never experienced any sensation.

Once the time is up, you can wash it off with a cloth or in the shower.

After I remove all the bentonite clay mixture and my armpits are dry, I like to spray the Aloe Vera to help my skin heal. This is not a must but it helps with the detox process and it's great for your skin. Let it fully absorb in and then you can jump in the shower if desired.

As always when doing any type of detox, make sure you drink plenty of water to help your body detox faster!

You need to repeat this detox until your armpits stop getting stinky. This detox is safe enough to do daily, but I prefer to do it 2-3 times a week. You should notice an improvement soon after your first application. Everyone's body is different, this is why there isn't a set number of times you should detox, but if you pay close attention, you'll notice these changes and you'll know you won't have to detox anymore.

Adapted from our friends at: <https://mamainstincts.com/detox-armpits/>

# Natural Deodorant (aka Unicorn Lymphatic Love)

## *Sensitive Skin Strength*

### What You Need

- 6 oz glass jar with lid (wide-mouth preferred, here is my favorite <https://amzn.to/3s0gABX>)
- 5-6 Tablespoons (Tbsp) organic coconut oil (<https://amzn.to/35kn70S>)
- 1 Tbsp pure baking soda (<https://amzn.to/2MAsPoB>)
- 6 Tbsp pure arrowroot powder (<https://amzn.to/2KZ5dd7>)
- 2 Tbsp of paraben-free pure Bentonite Clay (<https://amzn.to/2MFt2qO>)
- 5 to 10 drops of the Young Living Essential Oil(s)\* of your choice (I use Lavender <http://bit.ly/Get-Your-Lavender> or Purification <http://bit.ly/Get-Your-Purification>)



### Instructions

1. Gently warm the coconut oil to melted. A stove top double boiler is an easy option to do this, just be sure to keep the water out of the oil.
2. Remove from heat and mix all of your dry ingredients together until well blended.
3. Add the essential oils and mix thoroughly.
4. The final mixture should be relatively fluid to be able to pour into the jar (it will firm up as it cools). Carefully transfer to glass jar, wipe edges and seal tightly.
5. Attach your fun Unicorn Lymphatic Love sticker.
6. Store in airtight jar in your medicine cabinet and use daily after showering.



Notes: Your final deodorant will be like a paste, so just scoop some out with your finger to apply. If it's too solid, gently re-melt and add more coconut oil. In hot summer months, it may be closer to a liquid and can be stored in the refrigerator if needed.

### How to Use and Enjoy

Use a small pea-sized amount and rub thoroughly into the skin until it disappears.

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\* Let me know if you need help purchasing essential oils, I would be happy to hook you up with the brand that I use that is the highest quality oils in the world because of their Seed to Seal (<http://seedtoseal.com/en>) standards, without being very much more expensive than diluted store brands of questionable quality.

**This recipe was inspired and adapted from our friends: <http://ohlardy.com/>**

# Natural Deodorant (aka Unicorn Lymphatic Love)

## *Adventure Strength*

### What You Need

- 6 oz glass jar with lid (wide-mouth preferred, here is my favorite <https://amzn.to/3s0gABX>)
- ~3 ounces organic coconut oil (<https://amzn.to/35kn70S>)
- ~2 ounces arrowroot powder (<https://amzn.to/2KZ5dd7>)
- ~1 ounce pure baking soda (<https://amzn.to/2MAsPoB>)
- 20 drops of drops of the Young Living Essential Oil(s)\* of your choice (I use Lavender <http://bit.ly/Get-Your-Lavender> or Purification <http://bit.ly/Get-Your-Purification>)



### Instructions

1. With a strong wooden spoon mash together coconut oil, arrowroot powder, and baking soda in a small plastic bowl (do not use metal since it affects the properties of the bentonite clay) until a paste is formed.
2. Add your chosen essential oil drops and mix thoroughly.
3. Carefully transfer to glass jar, wipe edges and seal tightly.
4. Attach your fun Unicorn Lymphatic Love sticker.
5. Store in airtight jar in your medicine cabinet and use daily after showering.



### How to Use and Enjoy

Use a small pea-sized amount and rub thoroughly into the skin until it disappears. Homemade deodorant with Lavender is fantastic! It smells good, keeps you dry, and most importantly does NOT contain aluminum which has been linked to some real scary stuff. The Purification blend is made up of six essential oils for the ultimate weapon against odors. Citronella, Lavandin, Lemongrass, Rosemary, Myrtle, and Tea Tree work together to create a refreshing, bright scent that keeps you and your family happy and comfortable. *Now get out there and have some amazing adventures smelling fresh and living healthy!*

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# UNICORN LYMPHATIC LOVE

*Sensitive Skin  
Strength*



# UNICORN LYMPHATIC LOVE

Adventure  
Strength

