

## How to Make a Natural Foot Deodorizer



Lemon-scented essential oil can help keep your feet odour-free

*There are going to be times when your feet don't smell so good, as when they begin to sweat. If you like to wear sneakers without socks, you are bound to experience bad odors that linger because there is no sock to absorb the moisture from your sweat. If you are not interested in purchasing foot deodorizers that may contain harsh chemicals, you can make your own natural foot deodorizer at home.*

### Things You'll Need

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- Cornstarch
  - Baking soda
  - Essential oil ( or tea tree)
  - Plastic Bowl

### Instructions

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- Measure out 1 cup of cornstarch and pour it into a small plastic bowl (one with a lid).
  - Add 1 cup of baking soda to the plastic bowl.
  - Count out 30 drops of lemon-scented essential oil and mix them in with the baking soda/cornstarch mixture.
  - Place the lid on the bowl and allow the natural foot deodorizer to sit out for 24 hours before using.
  - Rub the powder over your feet or place (lightly) it in your shoes once per day.