

Peaceful Pits Liquid Deodorant

This quick guide gives you everything you need at a glance when making the formula — tools, containers, ingredient lists, and step-by-step directions. Use it as your working page while you formulate. There's space to check off steps, record notes, and customize your batch if you enjoy experimenting.

For your first batch, you only need the Test Version and the core directions — print those pages and skip the rest until you're ready to scale up or customize. The Custom Blend table can be printed later.

After printing, use the notes column to jot adjustments or observations directly onto the directions table — it's designed as your working surface while you formulate.

Difficulty: Easy

Required Ingredients: 2

Optional Ingredients: 3

Prep Time: 5 minutes

⚠ IMPORTANT: This quick guide is for formulation only. Before beginning, please **read the full description of the Peaceful Pits Liquid Deodorant** for detailed safety precautions, ingredient explanations, and usage instructions.

Suggested Container Options

- 2 [HDPE Bottles with Treatment Pump \(2 oz/60 mL each\)](#)
- 2 [Glass Bottles with Dropper Caps \(2 oz/60 mL each\)](#)
- 1 [HDPE Bottle with Flip Top \(4 oz/120 mL\)](#)
- 1 [Glass Bottle with Lotion Pump \(4 oz/120 mL\)](#)

Suggested Tools & Equipment

- gloves (optional)
- spray bottle with 70% isopropyl alcohol
- large-capacity scale (5000 g × 0.01 g)
- milligram scale (100 g × 0.001 g)
- 1 glass beaker that holds at least 100 mL
- stainless-steel lab spatulas
- stainless-steel spoons
- skewers or disposable pipettes (optional)
- small funnel (optional)
- sanitized, completely dry final container
- labels

Formulation Notes

¹ Substitute for Caprylic/Capric Triglycerides (MCT Oil): Olive Squalane.

² Optional. Some essential oils can add a light scent or deodorizing support. See ***Essential Oils for Skin Care***.

³ Only needed if an essential oil is used. Mixed Tocopherols are only needed if an essential oil is used. Substitute for Mixed Tocopherols: Rosemary Extract (25% standardized) at 0.1–0.3%. The “25%” refers to the strength sold by suppliers, not the amount you use in the formula. See the ***Ingredient Guide*** for fungal-safe details.

⁴ Optional. Substitute for Bisabolol: Chamomile CO₂ (has a noticeable herbal scent). If omitted, increase MCT Oil.

TEST FORMULA

Makes 20 g Liquid Deodorant

This version is designed for testing. Making a small batch first lets you check texture, scent, and skin feel before committing to a larger amount. Once you're happy with the results, you can make the larger batch for general use.

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Base oil	91.20%	18.27
A	Triethyl Citrate	Controls odor	7.00%	1.40
A	Essential Oil ²	Scents and supports	1.00%	0.20
A	Mixed Tocopherols ³	Keeps oils fresh	0.50%	0.10
A	Bisabolol ⁴	Calms skin	0.30%	0.03
			100.00%	20.00

FULL FORMULA (Includes Optional Ingredients)

Makes 112 g Liquid Deodorant / Fills one 4 fl oz (118 mL) bottle

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Base oil	91.20%	102.33
A	Triethyl Citrate	Controls odor	7.00%	7.84
A	Essential Oil ²	Scents and supports	1.00%	1.12
A	Mixed Tocopherols ³	Keeps oils fresh	0.50%	0.56
A	Bisabolol ⁴	Calms skin	0.30%	0.15
			100.00%	112.00

MINIMALIST FORMULA (Required Ingredients Only)

Makes 112 g Liquid Deodorant / Fills one 4 fl oz (118 mL) bottle

This version gives you the lightest, simplest take on the liquid deodorant—just the base oil and the odor-controlling ingredient. It's fragrance-free and extremely gentle, but you'll miss the softness, antioxidant support, and soothing feel that the optional ingredients provide in the full formula.

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Base oil	93.00%	104.16
A	Triethyl Citrate	Odor control	7.00%	7.84
			100.00%	112.00

How to Use the Custom Blend Table

This table is provided to help you customize your blend. Only fill it out if you enjoy experimenting and feel comfortable working with percentages. The full formula above is already balanced and ready to use.

You may choose any batch size you like. Percentages always stay the same; only the grams change. Enter the percentage you want for each ingredient and adjust the values until your total reaches 100%. Then calculate the grams so they add up to your chosen batch size. Add the % column to ensure it equals 100%, and add the grams column to ensure it equals your batch size. Items shown in bold are required components of the formula.

Examples of the math:

- If you choose a 50 g batch and an ingredient is 7%, multiply: $50 \times 0.07 = 3.5$ g
- If you choose a 200 g batch and an ingredient is 1%, multiply: $200 \times 0.01 = 2$ g
- If you choose a 112 g batch and an ingredient is 0.5%, multiply: $112 \times 0.005 = 0.56$ g

MY CUSTOM BLEND

Liquid Deodorant

Phase	Ingredients	Function	%	Grams
A	Caprylic/Capric Triglycerides¹	Base oil		
A	Triethyl Citrate (5-7%)	Odor control		
A	Essential Oil ² (Max 2%)	Scents and supports		
A	Mixed Tocopherols ³ (Max 0.05%)	Keeps oils fresh		
A	Bisabolol ⁴ (Max 1%)	Calms skin		
			100.00%	

Date:

Formulation Method	Notes	✓
1. Prepare your workspace and a sanitized, completely dry container. Wash and dry your hands or put on gloves. Spray all tools and equipment with 70% Isopropyl Alcohol and let them air-dry before beginning.		
2. Place a clean beaker that holds at least twice the amount of product you plan to make on the large-capacity scale. For a small batch you may be able to use the milligram scale.		
3. Press Tare to show 0.000. Drizzle Caprylic/Capric Triglycerides (MCT) into the beaker to reach the target weight. If the container is heavy, pour into a smaller beaker, then transfer into your main beaker.		
4. Press Tare . Use a small spoon to slowly drizzle the Triethyl Citrate into the same beaker to reach the target weight.		
5. Optional. Press Tare . Use a small spoon, skewer, or a disposable pipette to add the Essential Oil drop by drop to the beaker to reach the target weight. Let the scale stabilize after each drop. If your bottle has a dropper insert, remove it before measuring (see <i>Making a Formula Work</i>).		
6. Optional. Press Tare . Use a spoon to skewer, or a disposable pipette, add Mixed Tocopherols drop by drop into the beaker to reach the target weight. Let the scale stabilize after each drop.		
7. Optional. Press Tare . Use a small spoon, skewer, or a disposable pipette to add Bisabolol drop by drop into the same beaker to reach the target weight. Let the scale stabilize after each drop.		
8. Use a lab spatula to stir the mixture gently until fully combined.		

Package	Notes	✓
1. Use a funnel or just a steady hand to carefully pour the liquid deodorant into a clean, completely dry bottle.		
2. Wipe the rim, then cap tightly.		
3. Label the bottles. Include an expiration date 12 months from production.		
4. Store in a cool, dark place away from moisture and sunlight.		

Cleanup	✓
Tools	
1. Immediately after making the product, wipe down tools with a clean, dry paper towel.	
2. Rinse all tools under warm running water to loosen residue.	
3. Wash with hot, soapy water using a soft sponge or bottle brush.	
4. For stubborn residue, soak tools in warm water with dish soap for 10–15 minutes before scrubbing.	
5. Sanitize tools in a dishwasher if they are dishwasher-safe.	
Workspace	
1. Wipe down counters and scales with a damp cloth.	
2. Sanitize surfaces with 70% isopropyl alcohol (spray or wipes), then allow to air-dry.	
3. Store clean tools in a covered container or drawer to prevent dust and contamination.	