# The 5 Best Natural Deodorants That Really Work (Without Aluminum)

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# We researched the top aluminum-free deodorants. Here’s what actually keeps you fresh, even through the adjustment period.

Somewhere along the way, many of us have been convinced that deodorants that include aluminum, parabens, or phthalates will lead to long-term negative health effects. The data isn’t conclusive on this, says **Dr. Hannah Kopelman**, DO, dermatologist at Kopelman Aesthetic Surgery However, she’s found that many people have at least considered switching to a natural deodorant because there are fewer chemicals and simpler formulations. If that’s where you are, consider replacing your current deodorant with a natural alternative.

### HOW WE CHOSE THE BEST NATURAL DEODORANTS

For this story, we talked with **Hannah Kopelman**, DO, dermatologist at Kopelman Aesthetic Surgery, who used her professional experience to give us the ins and outs of natural deodorants and how to choose the best one for you. Here’s how we narrowed down the options.

- **We looked at the ingredients** to ensure each one was free of aluminum and to see what ingredient was used instead to mask odor.
- **We asked Dr. Kopelman** what her favorite natural deodorants are and recommends to patients.
- **We considered the price tags,** because natural deodorants are more expensive due to higher-quality ingredients and smaller product volumes.

- **We looked into real-life consumer reviews,** because a brand can say one thing and the human experience can be very different.

It’s important to keep in mind that both natural and non-natural deodorants neutralize odors that come from the armpits. It’s antiperspirants that actually block sweat glands. So, deodorants aren’t designed to stop sweating. Still, they can be the right option for some people.

“There’s usually an ‘adjustment period’ when switching from conventional antiperspirants,” says Dr. Kopelman. “Odor might temporarily worsen as your sweat glands recalibrate. But for many people, especially those who sweat mildly to moderately, [natural deodorants] work very well once your body adjusts.”

# The 5 Best Natural Deodorants That Really Work (Without Aluminum)

You’ll be smelling better in no time with the five best natural deodorants. And by “natural” we mean “aluminum free.”

## Best Natural Deodorant for Sensitive Skin: Salt & Stone Deodorant

**Pros:**

- Formulated without baking soda for sensitive skin
- Made with prebiotics
- Gender-neutral scents
- Cruelty free, vegan, and Leaping Bunny certified

- Made without aluminum, parabens, and phthalates

**Cons:**

- Only available in two scents and no fragrance free
- Higher price point

Salt & Stone is known for its extra-strength deodorant, but it has a gel version that caters to sensitive skin. Although it's made without baking soda, as it could irritate skin, this natural deodorant works against odors using arrowroot powder. "Look for soothing ingredients like arrowroot powder, magnesium, coconut oil, or shea butter," says Dr. Kopelman. "Essential oils can smell great, but they can also be irritating, so patch testing is smart if you're prone to rashes."

Salt & Stone has five deodorant scents; however, its sensitive formulation currently only has two: Bergamot & Hinoki and Santal & Vetiver. This isn't your typical drugstore deodorant, so there's a higher price point of $20 per tube. But there's a reason that the brand has gained such a following in body care.

## Best Natural Deodorant for Odor Control: Kosas Chemistry Deodorant

**Pros:**

- Formulated with a blend of AHAs to fight odor
- Made without baking soda for sensitive skin
- Available in three scents, including fragrance free
- Cruelty free and vegan
- Made without aluminum, parabens, and phthalates

**Cons:**

- May take time to dry
- Must be careful when squeezing tube so you don’t waste product

Don’t let the container fool you — this *is* a deodorant. Kosas Chemistry Deodorant is made without baking soda, so it gets the green light for people with sensitive skin. “Kosas Chemistry uses AHAs, which help balance the skin’s pH and prevent odor-causing bacteria without being too harsh,” says Dr. Kopelman. Alpha hydroxy acids (AHAs) lower potential of hydrogen (pH) levels and reduce bacteria growth, which in return, prevent odor.

This natural deodorant comes in Serene Clean, Beachy Clean, and Fragrance Free scents. So, if you’re looking for a fresh, soothing smell that isn’t too strong, this is it.

Kosas says that the natural deodorant’s maximum benefits kick in after one week of use, so be consistent. Also, be careful when applying, as the squeeze tube could cause product to come out too quickly.

## Best Fragrance-Free Natural Deodorant: Nécessaire The Deodorant

**Pros:**

- Available in fragrance free and three other scents
- 72-hour odor protection
- Made without baking soda for sensitive skin
- Cruelty free and vegan
- Made without aluminum, parabens, and phthalates

**Cons:**

- Priciest option on this list
- May not go on clear

Maybe you don’t like a scent in your body care products, or maybe your skin is extra sensitive. Either way, Nécessaire The Deodorant comes in a fragrance-free option, as well as three scents. It’s also made with baking soda, so it especially comes in handy for those who need to be careful with what they put on their skin. Still, it’s formulated with mandelic acid, an AHA, to prevent odor.

At $22, this is the most expensive natural deodorant on this list. However, if it keeps you smelling fresh even as you approach the 72-hour mark like it claims, it’ll be well worth it.

## Best Overall Natural Deodorant: Native Deodorant Stick

**Pros:**

- 72-hour odor protection
- Comes in stick, plastic-free stick, and spray packaging
- Classic and sensitive formulations
- Available in 25 scents and limited-edition options
- Cruelty free and vegan
- Made without aluminum, parabens, and phthalates

**Cons:**

- May need to reapply throughout the day
- Plastic-free packaging option may fall apart

With 25 scents to choose from — including Eucalyptus & Mint, Sweet Peach &

Nectar, and Coconut & Vanilla — it's pretty much guaranteed that you'll find a Native Deodorant Stick that you love. Plus, there are classic and sensitive formulations. You can choose how environmentally conscious you want to be, because Native offers stick and plastic-free stick options, as well as a spray.

Made with baking soda to neutralize odors and coconut oil and shea butter for their moisturizing properties, this natural deodorant glides on and feels good. "Native has a nice texture, clean scent profiles, and is pretty gentle even for patients with sensitive skin," says Dr. Kopelman.

The brand claims that it provides odor protection for 72 hours, but reviewers have noted that reapplication might be needed, especially on sweatier days.

## Best Long-Lasting Natural Deodorant: AKT The Deodorant Balm

**Pros:**

- Balm lasts a long time on the skin
- Only requires a pea-size amount
- One tube lasts up to three months
- Available in six scents
- Cruelty free and vegan

**Cons:**

- Priciest option on this list
- Not applied like a regular deodorant stick

You might not have even known a deodorant *balm* was an option, but it just might replace the stick kind in your medicine cabinet. AKT The Deodorant Balm needs to be

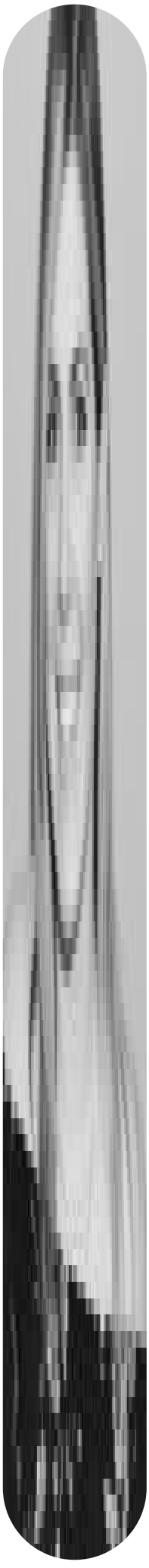
squeezed onto your finger or **The Applicator** (sold separately). So, you might have to get used to a different way of applying your deodorant. However, if you need something that stays on the skin and continues leaving you smelling fresh for a long period of time, it’s worth trying.

The good news is that you only need a pea-size amount, so the tube can last up to three months (though most consumers find it lasts six to eight weeks). The Deodorant Balm is made with a blend of fragrant botanicals and Deo-Barrier Complex, the brand’s proprietary blend of natural plant and mineral powders that neutralize odors and leave you feeling dry. Plus, the aluminum tubes (but no aluminum in the deodorant!) are 100% recyclable.

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