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6 Non-Traditional Antiperspirants and Deodorants You Need to Beat the Heat This Summer

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No one likes to feel self-conscious about sweating. But it's hard to avoid when the summer heat is working against you. Wearing an antiperspirant can help keep your perspiration under control, but not all natural or chemical-free products are created equal. Antiperspirants plug your sweat glands to protect against wetness or perspiration. Deodorants, on the other hand, just cover odor — but don't help with moisture. Keep reading for six must-haves that pair well with any lifestyle.



1. Kiehl's Superbly Efficient Anti-Perspirant & Deodorant Cream (\$16): For ladies with sensitive skin, this unscented, extremely gentle cream works as an antiperspirant *and* a deodorant to block odor thanks to micro-sized drying molecules. "It's a good idea to avoid any product with fragrance in it, as fragrance increases your risk of an allergic reaction," explains dermatologist [Ava Shamban](#). *Pro tip:* Shamban recommends applying antiperspirant twice a day — in the morning right after you shower *and* right before bed. Who knew?



6. Humane Benzoyl Peroxide 10% Acne Treatment Body & Face Wash (\$48): If an antiperspirant just isn't completely solving the problem, try adding in this smart option into your beauty regimen. Shamban explains that bacteria is what causes odor, so using a benzoyl peroxide wash like this will reduce the bacteria count and fight off unwanted summer funk. Problem solved! But note: This product is rather aggressive, so you might want to avoid it if you have sensitive skin.

<http://www.brit.co/best-antiperspirants-and-deodorants-for-summer-sweat/>