

SELF

Healthy SELF

Natural Deodorants: Do they stink?



Our friends at [Well+Good](#) tested 4 natural deodorants to see if they stood up to the sweatiest of workouts. Check out what their sniff tests discovered!

Not all fitness-conscious commuters are able to pull off the "[great unwashed](#)" method of going deodorant-free without ending up as the subway-car (or front seat!) pariah on the way home from spinning class. But while you may want to smell fresh even through the toughest workout, you may also want to avoid some of the questionable ingredients in conventional deodorants and antiperspirants, like aluminum, parabens, and the ever-elusive "[fragrance](#)." We tested four popular all-natural products to see if they could stand up against some seriously sweaty circumstances:

Naturally Fresh Deodorant Crystal Roll-on Price: \$3.99 at Duane Reade or [online](#)

Grade: A-

The crystal brands of deodorant always seemed a bit like a gimmick to me, but it actually worked. I used the roll-on kind, so I didn't have to deal with moistening the actual crystal. This version is pure liquid, so when you apply, you have to hold your arms out and let it dry a bit before getting dressed. After an excruciating Power Yoga class that produced a very sticky mat, I could barely detect an odor.

