

Deodorant – natural vs aluminium-based – which is best?

For the last couple of years, rumours have been circulating regarding the link between aluminium based deodorants and the possibility of developing cancer. Many studies have since come out – some of which support this theory, and others which adamantly refute it. With so much conflicting information out there, and inconclusive testing, you may be on the lookout for natural deodorant alternatives. Let's take a closer look at the theory which started it all, the deodorant ingredients in question, and the types of deodorant on the market.

The theory: Aluminium in deodorant causes cancer



According to WebMD – [some researchers have conducted studies](#) which theorised that aluminium in deodorant can cause an increased risk of breast cancer. According to the study – breast cancer typically develops in the upper outer part of the breast, closest to the armpit (where antiperspirants and deodorants are applied). The study suggests that chemicals such as aluminium are absorbed into the skin, particularly if a woman has just shaved the area. The theory believes that these chemicals can alter the DNA of our cells, and cause them to become cancerous. The chemicals may also interfere with hormones such as oestrogen which is known to influence the growth of breast cancer cells. The Cancer Council of Western Australia [refutes this claim](#), stating that there is no current evidence which sufficiently proves this theory.

With all this confusing information out there – you may be considering taking matters into your own hands, and opt for an all natural aluminium free deodorant (just to be safe!).

The best natural deodorant

If you're on the hunt for a deodorant without harmful chemicals our top pick is the [BLISS Natural deodorant](#) – available in a 100g jar and a [50g travel tin](#). Handmade in Torquay Victoria, Bliss Natural deodorant is free from parabens, sulphates or petroleum, and is

made from the finest of organic ingredients. This is also the best natural deodorant for sensitive skin types as their signature deodorant paste is suitable for easily irritable skin. The best part is that it smells amazing, with scents of Cinnamon, Sweet Orange, Sandalwood, Peppermint & Clove combining to create a fragrant harmony.

What deodorant works best?



Does the natural alternative work as well as aluminium based antiperspirants? At the end of the day, this will depend on how much you sweat. If you're a smoker, frequently eat pungent spices, garlic or similar – your pits are likely to be a little smellier than most. Body odour is caused as a result of bacteria breaking down sweat – so all these factors play a part in the type of deodorant which will work best for you.

It's important to be aware of all the information out there, and as a consumer, make the choices which work best with your lifestyle and values.