HEALTHY TIPS

Banish Body Odor with these Natural Tips & Products

By bestfolkmedicine · 23/09/2018 · 2 min read



Although it is completely normal to sweat, for a lot of people, excessive sweating and unpleasant smell is a common problem and often times, despite the products one uses, the problem does not necessarily go away.

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Moreover, as explained on One Green Planet, even though a lot of store-bought deodorants and antiperspirants can help with sweating and unpleasant odor, the issue with these products is that they

contain dangerous chemicals like parabens, aluminum, propylene glycol, etc.

This being said, in today's article, we decided to present the best products that will help you restore the pH of the body, which is the main culprit for foul odor. Namely, sweat itself is odorless, but when bad bacteria come into the picture, the smell worsens. Let us learn more below…

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Best Natural Body Washes to Fight Off Unpleasant Body Odor

1. **Castile Soap by Dr. Bronner**

Although you can use this product as a mild body wash, you can also use it as a laundry detergent, shaving gel, shampoo, hand soap, etc. There are several scents that you can choose, including an unscented one for sensitive skin and a gentle formula for babies. You can find it in stores and pharmacies.

2. **Shea Terra Organics African Black Soap**

If you lead the more active type of lifestyle and if you are in need of a strong product that will remove all sweat and bacteria buildup from the skin, this is the best option for you. This black soap will thoroughly cleanse your skin and eliminate toxins without taking away any natural oils.

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3. **Zoe Organics Bath Wash**

If you want to naturally cleanse your skin at all times and if you are not the fan of highly foamy textures, this is the best wash you can opt for.

Best Natural Deodorants

- **Baking soda**

Baking soda is one of the most common elements in non-toxic deodorants. You can opt for one of many people's favorite body wash product, i.e. the Primal Pit Paste.

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- **Magnesium**

If you do not find baking soda a suitable option for a natural deodorant (baking soda may irritate the skin in some people) you can try the MagSol Organics which contains only 4 ingredients and there are several scent options available too.

- **Cornstarch**

This is one of the best natural ingredients to lower unpleasant odor and dampness. A simple option for a cornstarch deodorant can be found by Organic 101 which includes an easy swipe-on application for those who are not keen on scooping and finger application. And, the fact that it will not stain your clothes is a definite plus.

Sources;

ONE GREEN PLANET

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