



## Essential Oil Choices for Deodorant

### Why Use Essential Oils in Deodorants? More Than Just Scent

Essential oils are the heart and soul of an effective natural deodorant. They bring a multitude of benefits that go far beyond just providing a pleasant fragrance.

Here's why essential oils are your best friends in the world of DIY deodorants:

- **Potent Antibacterial Properties:** Body odour isn't caused by sweat itself, but by the bacteria on your skin breaking down sweat. Many essential oils, like Tea Tree and Lavender, possess powerful antibacterial properties that inhibit the growth of these odour-causing microbes.
- **Antifungal Benefits:** Some essential oils, such as Tea Tree and Eucalyptus, also have antifungal qualities, which can be beneficial for overall skin health in the underarm area.
- **Natural Odour Neutralizers:** Beyond just masking, certain essential oils help to neutralize existing odours, creating a clean slate for freshness.
- **Soothing & Skin-Kind:** Ingredients like Lavender and Chamomile can soothe delicate underarm skin, especially important for those prone to irritation or razor burn.
- **Refreshing & Invigorating Scents:** Of course, the delightful aromas are a huge bonus! Essential oils allow you to customize your scent profile, from uplifting citrus blends to calming floral notes.
- **Chemical-Free Fragrance:** Unlike synthetic fragrances often found in conventional deodorants, essential oils provide natural scent without the addition of potentially irritating or allergenic chemicals.





## Recommended Essential Oils

**Bergamot Essential Oil** has an aromatic, citrusy fragrance with a floral scent. It is a fruit that is widely grown in places like Southern Italy. Bergamot is one of the best essential oils for deodorant since it has antifungal, antibacterial, anti-inflammatory, and antiseptic properties, and at the same time, it is a natural deodorizer. They are a perfect deodorant if you want to prevent body odour and keep your underarm moisturized. It has a strong, male citrus scent that is not only uplifting but also works well as a natural deodorizer, antibacterial, and antifungal. It pairs beautifully with citrus oils, geranium, and clary sage.

**Clary Sage Essential Oil** has a dry, nutty scent functions as a natural deodorant and has special hormonal-balancing properties and supports natural sweat regulation. It has a herbaceous, earthy, slightly sweet scent.

**Eucalyptus Essential Oil** is known for its powerful, clearing aroma, Eucalyptus is also a strong antimicrobial agent, excellent for respiratory support and odour neutralization.

**Frankincense Essential Oil** is a grounding and sophisticated oil with mild antiseptic properties. It also promotes healthy skin and can help reduce the appearance of discolouration. It has a woody, earthy, spicy, slightly sweet aroma. Frankincense is also skin rejuvenating and grounding.

**Ginger Essential Oil** is a fantastic oil that has antibacterial, antioxidant, and anti-inflammatory properties. Ginger and Clary Sage blend well together because of their warm, spicy aromas.

**Grapefruit essential oil** has a sweet, citrusy scent that makes it a refreshing choice for deodorants. It helps mask body odour while promoting a fresh smell throughout the day and can be blended with other citrus or floral oils for an aromatherapy-like fragrance. The oil also has detoxifying, antibacterial, and anti-inflammatory properties that benefit the skin by helping to reduce bacteria, soothe irritation, and improve underarm skin health. However, it should be used in small amounts, as excessive use may irritate the skin or worsen existing skin conditions.





**Lavender essential** oil is commonly used in natural deodorants because of its pleasant floral scent, mild antibacterial properties, and skin-soothing benefits. It helps control body odour by reducing the growth of odor-causing bacteria while remaining gentle enough for sensitive areas like the underarms. Lavender also has fungistatic and fungicidal properties, which can help limit fungal growth. In addition, its calming aroma may help reduce stress-related sweating. Overall, lavender oil keeps underarms fresh, soothed, and lightly scented while supporting healthy skin.

**Lemon essential oil** has a fresh, uplifting citrus scent and natural antibacterial and antiseptic properties, making it a simple and affordable option for deodorants. It leaves a clean, refreshing feeling, but it can cause photosensitivity (phototoxicity) due to its vitamin C content. Therefore, formulations containing lemon essential oil must be adjusted to reduce the risk when skin is exposed to sunlight.

**Lemongrass Essential Oil:** Lemongrass is a beneficial plant commonly found in tropical and subtropical regions like Southern India and Southeast Asia. Its essential oil has a fresh, citrus scent, making it a popular ingredient in deodorants. Lemongrass also helps keep the skin moisturized and contains anti-inflammatory and antibacterial properties that reduce irritation and itching, promoting healthy and smooth underarm skin.

**Palmarosa and Patchouli Essential Oils** are useful in deodorants because they help control odour and act as scent fixatives. Patchouli essential oil has calming, soothing, and refreshing properties and is commonly used in perfumes, aromatherapy, and household products. Its antibacterial, antifungal, anti-inflammatory, and antiseptic properties help prevent body odor, treat skin conditions, and soothe irritation. It can also moisturize the underarms while its calming scent may boost mood by promoting the release of serotonin and dopamine.

**Peppermint Essential Oil** provides a cooling, refreshing, and invigorating scent, making it a great ingredient for deodorants. It contains menthol, which gives it a fresh aroma and cooling effect on the skin. Peppermint also has antibacterial and antiviral properties that help fight odor-causing bacteria, keeping underarms fresh and odour-free throughout the day.

**Rose geranium essential oil** has a fresh, rosy scent with green notes that refresh the skin. It has a sweet, feminine fragrance that blends well with oils like clary sage, lavender, bergamot, and cypress. The oil is useful in deodorants because it helps control sweat and keeps underarms smelling fresh, while also offering antibacterial and hormone-balancing benefits.





**Rosemary Essential Oil** has a strong, refreshing herbal scent and antibacterial properties, making it effective for controlling body odour in deodorants. It helps keep underarms fresh by fighting bacteria and fungi that cause odor and is gentle enough for sensitive skin. It can be used by anyone, including teenagers. However, rosemary oil is not safe for pregnant women and should be avoided by people with high blood pressure or epilepsy because it can be neurotoxic.

**Sandalwood Essential Oil** The exotic and woody aroma of sandalwood oil makes for an excellent oil for deodorants. It is powerful and grounding.

**Tea Tree Essential Oil** is one of the most effective natural ingredients for deodorant because it has strong antibacterial, antifungal, antimicrobial, antiseptic, and anti-inflammatory properties. These qualities help fight odour-causing germs and underarm body odour, making it a good natural alternative to chemical fragrances. Tea tree oil has a strong, fresh medicinal scent and can be used before and after showering to help moisturize and protect the underarms. However, because it is powerful, it should always be diluted with carrier oils such as jojoba, olive, or coconut oil before applying to the skin. Its earthy scent also blends well with citrus oils in natural deodorant formulas.

**Thyme Essential Oil:** Thyme is commonly used in cooking for flavor and aroma, but it also has other uses. Thyme essential oil is used in products like deodorant because it has antioxidant, antibacterial, and antimicrobial properties. These properties help remove bacteria, purify the skin, and keep the underarm area fresh. Thyme can also help strengthen the skin and treat itching and dryness in the underarm area.

**Ylang Ylang Essential Oil** is a classic aromatherapy scent that doubles as a natural love potion. Ylang ylang essential oil controls bacterial growth to some extent and prevents bad odor. It has a lingering scent that makes one feel fresh and sensual touch to the deodorant blends.





### Tips for Usage

•**Dilution:** Always dilute essential oils in a carrier (e.g., coconut oil, shea butter) to prevent skin irritation.

•**Safety:** Citrus oils (like Lemon and Bergamot) can increase sun sensitivity. Avoid using oils like cinnamon or clove, as they can cause skin irritation.

•**Application:** Mix with baking soda (for odor absorption) or arrowroot powder (for moisture absorption) to create a more effective, solid, or cream-based deodorant.

•**Pro Tip for Blending:** Don't be afraid to mix and match! A blend of 2-3 essential oils often creates a more complex and effective deodorant. For example, Tea Tree for power, Lavender for soothing, and Lemon for freshness!

