



Can You Become Immune to Deodorant?

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If our makeup routine is ever-changing and malleable, our deodorant routine is set in stone. As in, every morning, we swipe on the same kind, the same number of times and call it a day.

So why, then, did we start to notice we weren't feeling as fresh throughout the day?

It turns out, your body can become immune to deodorant. What?!

We checked in with Dr. Rebecca Baxt, a dermatologist and contributing medical expert to [Zwivel.com](#). According to Dr. Baxt, "Studies have been done that show when you use something to decrease the bacteria in the armpit, such as use a deodorant, the ratio of different bacteria change. It is possible that bacteria could develop resistance to one of the chemicals being used to decrease them."

OK, so how can you avoid the dreaded "I put deodorant on but I feel like I smell" moment? It's simple. Dr. Baxt told us that if you suspect your deodorant isn't working anymore, change it. "It's not necessary to 'switch it up' [some people recommend changing brands every six months], but that's the first action item if your deodorant is failing."

Noted, and so much better.