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Armpit Masking: What It Is & Why You Should Try It

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You pay attention to every inch of your body when it comes to self-care, but what about the humble armpit? Other than the occasional shave and swipe of deodorant, what have you done for them lately?

You have a six-step morning skincare routine and a 14-step nighttime version. You dry brush your whole body before coating it in oil and moisturizer after every shower. You have two different lip scrubs and four body scrub options. Hair masks? Three versions. Face masks? Eight versions. Foot masks? One.

You pay attention to every inch of your body when it comes to self-care, but what about the humble armpit? Other than the occasional shave and swipe of deodorant, what have you done for your armpits lately?

Summer is fast approaching, which means short sleeves and tank tops and sundresses, meaning your pits will be on full display. It also means now is the perfect time to make the switch to natural, better-for-you deodorant. Luckily, the two go hand in hand, and all you need to prep your pits for a summer of natural deodorant and show them a little love is a simple mask.

Masking weekly can help soften skin and clear up rashes that can arise from hair removal or natural deodorant. What's more, a mask can work some seriously detoxifying wonders, something that's particularly important if you plan to make the switch to natural deodorant. When you adopt a new deodorant routine, your pits might need time to adjust to the natural stuff, and may even go through a "detox" of sorts to purge themselves of the chemicals in the conventional stuff you've been using for years. By regularly masking with a detoxifying substance like charcoal or bentonite clay — both of which attract toxins and chemicals before latching onto them to draw them out of the skin — you speed that process way up.

You can go the DIY route if you have bentonite clay laying around — mix the clay powder with a few teaspoons of water — or just repurpose one of your detoxifying face masks. You'll want to use on with clay like Biodara's [Creme De Clay Purifying Mask](https://www.freepeople.com/shop/creme-de-clay-purifying-mask/?category=SEARCHRESULTS&color=000?cm_mmc=fpblog--q12018--180405_armpit--biodaramask&utm_source=fpblog&utm_medium=blog&utm_campaign=q12018&utm_term=180405_armpit&utm_content=biodaramask) (https://www.freepeople.com/shop/creme-de-clay-purifying-mask/?category=SEARCHRESULTS&color=000?cm_mmc=fpblog--q12018--180405_armpit--biodaramask&utm_source=fpblog&utm_medium=blog&utm_campaign=q12018&utm_term=180405_armpit&utm_content=biodaramask) or charcoal like the [Raw Charcoal Mask](https://www.freepeople.com/shop/raw-charcoal-mask/?cm_mmc=fpblog--q12018--180405_armpit--charcoalmask&utm_source=fpblog&utm_medium=blog&utm_campaign=q12018&utm_term=180405_armpit&utm_content=charcoalmask) (https://www.freepeople.com/shop/raw-charcoal-mask/?cm_mmc=fpblog--q12018--180405_armpit--charcoalmask&utm_source=fpblog&utm_medium=blog&utm_campaign=q12018&utm_term=180405_armpit&utm_content=charcoalmask) from BajaZen. Simply apply the paste/mask to your pits as soon as you get in the shower, do your normal thing, and simply wash it off after a few minutes. Don't worry about keeping your arms lifted the whole time — the mask will do its job either way.

After the shower, take it a step further and apply a light moisturizer to your underarms. Proceed about your day as usual and feel free to high-five, wave and reach for things on high shelves with abandon.



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