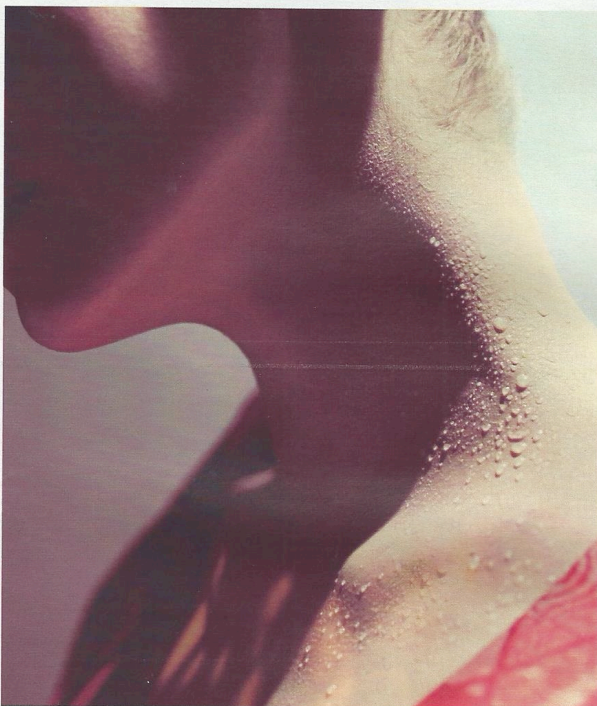


FamilyCircle®

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18 ON DUTY



THE FIX

STOP THE SWEAT

By Melissa Matthews Brown

Wet Pits

Most of the time, you can get away with wearing just a deodorant, which keeps the bacteria found in sweat from smelling (hell no, B.O.I.). On super-hot days, though, you might want an antiperspirant-deodorant duo, which keeps you from sweating in the first place. Look for one with aluminum salts, the ingredient that blocks sweat glands, says NYC derm Debra Jaliman, MD, an assistant professor at Icahn School of Medicine at Mount Sinai. (We like Dove Dry Serum Antiperspirant, \$12.) If your level of sweat can swamp OTC options, talk to a derm, who may prescribe a clinical-strength product with shvitz-zapping glycopyrronium (like the new Qbrexza wipes). Or consider Botox or Dysport: Both block sweat glands, so there's less odor and wetness, and last about three months, says Lara Devgan, MD, a board-certified plastic surgeon in NYC.

Sweaty Boobs

Blame the Rorschach test on your T-shirt on poor circulation and skin-on-skin contact. Give your boobs a breather with a lightweight bra—and skip the shrink-wrapped-style sports bra, Jaliman says. Instead, go for one made with lace, cotton or wicking tech fabric, like Hanes Ultimate Soft Wirefree T-Shirt Bra (\$18). Before you clip it on, spritz between and beneath your boobs with talc-free powder. One to try is Megababe Bust Dust Anti-Boob Sweat Powder (\$16).

Chafed Thighs

Flowy skirts and sundresses are just what you want to wear on hot days...until your sweaty thighs chafe and you get the dreaded chub rub. "Sweaty thighs stick together, making skin irritated," says Anna Guanche, MD, a derm at the Bella Skin Institute in Calabasas, CA. These chafed spots can be painful; skin may crack and get yeast infections (ew!). For fast relief, apply aloe vera to hot spots. To prevent them, swipe on Body Glide Anti Chafe Balm (\$10).

BEAT TEEN SWEAT

Your daughter may start wearing deodorant before she needs to (see also: leg shaving, bra wearing). And your son may *really* need it and not wear it. Don't drop hints. Just leave one of these out for them.



Degree Women Stay Fresh White Flowers & Lychee Deodorant Wipes (\$5)



Axe Ice Chill Antiperspirant Stick (\$4)



Native Teen Deodorant in Vitamin Sea (\$10)



Secret Deodorant Freshies (\$5)



CUT CAFFEINE If you have hyperhidrosis, caffeinated beverages can make it worse. Limit yourself to one cup a day.