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10 DIY Chafing Remedies That Do and Don't Work According to Dermatologists

By Courtney Leiva | July 30, 2019



Picture this: you're strutting down the street in a killer dress and shoe combo that makes you feel like Beyoncé's alter-ego, Sasha Fierce. All of a sudden, as you're running to the subway (and simultaneously posing for whatever street style photog is nearby), your inner thighs start to throb in pain. No, that's not your imagination; it's chafing, also known as the ultimate vibe-killer. Even with the best DIY chafing products, it's usually a big problem during the summer, as areas like our thighs can become easily inflamed and irritated in the heat.



Use Cornstarch Carefully



According to board-certified celebrity dermatologist Dr. Anna Guanche, “cornstarch is a good option for chafing, as it helps the skin slide and keeps the area dry. Be sure to only use it on the thighs or other areas (but not in the vaginal area) that become sweaty, she advises, and where skin rubs against skin.

<https://stylecaster.com/beauty/diy-chafing-products>