

Family Circle.

July, 2019



MD, a board-certified plastic surgeon in NYC.

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

talk to a derm, who may prescribe a clinical-strength product with

consider Botox or Dysport: Both block sweat glands, so there's less

odor and wetness, and last about three months, says Lara Devgan,

shvitz-zapping glycopyrronium (like the new Qbrexza wipes). Or

beneath your boobs with

talc-free powder. One

Dust Anti-Boob Sweat

Powder (\$16).

to try is Megababe Bust

(ew!). For fast relief

Chafe Balm (\$10).

apply aloe vera to hot

spots. To prevent them,

swipe on Body Glide Anti