



6 Tips for Reducing Body Odor

No one wants to have body odor. It is embarrassing. Here are 6 tips to help you reduce body odor and keep yourself smelling as fresh as a daisy:

1. Keep Yourself Squeaky Clean

Shower at least once a day and you will effectively wash off sweat and reduce the bacteria on your skin.

2. Use Antibacterial Soap

Choose a soap that contains antibacterial properties. It should be indicated on the packaging. This will help to reduce the amount of bacteria that can linger on the skin and mix with sweat, which causes body odor.

3. Towel Off Thoroughly

Make sure that when you are finished showering that you dry yourself off completely. If your skin is dry, it is much harder for bacteria to breed.

4. Apply a Strong Deodorant or Antiperspirant

Look for a deodorant that contains an antiperspirant. While these don't stop sweating, they can help to reduce it and ultimately mask the smell of body odor.

5. Keep your Wardrobe Squeaky Clean

Making sure your clothes are fresh and clean can help reduce body odor. Changing clothes often when you are sweating a lot can also help to reduce body odor. If you tend to have foot odor, use deodorant powers in your shoes and wash your shoes regularly.

6. Cut Out or Cut Down on "Offensive" Foods or Drinks

What you eat affects your body odor. Foods that tend to make you sweat more, such as hot peppers or other spicy foods can contribute to body odor. Also, the aromas of foods such as onions or garlic can be carried in sweat, making you smell bad. Reduce your intake of these food and you should reduce body odor.

Source:

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