



## You're Doing It Wrong: Sweat Control

It's not pretty, but let's talk about sweat. We all know how a heated session at the gym can go—but otherwise? No, thank you.

No one wants to be casually going about their day to unexpectedly find themselves profusely sweating in embarrassing places. You might be an excessively sweaty person, it might just be an extra-hot day or you might have forgotten to layer up with a deodorant—but regardless of the reason, sweat stains are quite literally the pits.

According to cosmetic dermatologist [Dr. Paul Jarrod Frank](#), there is no "normal" when it comes to perspiring, but if you find that you're sweating more than you'd like—here's how you can deal with it for good.

**You Might Have an Actual Medical Condition:** Sweating happens to everyone, but there is a difference between excess sweating and a medical condition called Hyperhidrosis. "Hyperhidrosis is when sweating is to the point that it negatively impacts your life and requires treatment," the pro explained. If you tend to sweat more when it's hot out (or even when the temperature drops drastically), that's normal. Consistent large pit stains, no matter the weather, are a sign of trouble.

**It's Not Just Your Pits:** Another sign that you might suffer from Hyperhidrosis? You tend to be moist in other areas, too. As if pit stains weren't enough, you might be noticing a damp sensation in areas like the under arms, hands feet and even your scalp. If so, read on.

**Deodorant Might Not Be Enough:** Whether you're a heavy sweater or not, you've probably landed on a favorite product that helps. But even if your go-to seems to be working its magic, it's only a band-aid effect. "Most apply deodorant every morning, but this will usually just mask the smell and not the actual sweat," he shared. The truth is that most deodorants that work are very drying and can lead to other problems like dry skin and rashes.

**There Are Prescription-Strength Meds for That:** If you need something a little more heavy duty, there are doctor-prescribed alternatives for all of these problem areas. "Topicals with a high amount of aluminum chloride can be used under arms, but it is not ideal for other parts of the body," shared the expert. There are oral prescriptions, too, but a potential downside is that they commonly dry up the mouth, big time.

**For When You've Tried Everything Else:** If nothing seems to be working, you can drop big bucks on non-invasive treatments like Botox or Vaser. Botox is an FDA-approved procedure that is safe and recommended for those sensitive to harsh antiperspirants. "Botox is generally side effect-free and results of this procedure last about four to six months," he elaborated. Vaser, on the other hand, is a quick and effective ultrasound technique that specifically targets the underarms. "This procedure can be permanently effective after only one to two treatments," he revealed.

Whatever you do, good luck and don't sweat it!