

OUTLET: ALLURE DATE: JUNE 2013

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Glisten? Glow? Enough with the but outside of the gym, we'd rather not discuss it. By Alyssa Kolsky Hertzin

Thomas Edison extolled the virtues of hard work in one quotable, self-deprecating statement: "Genius is 1 percent inspiration and 99 percent perspiration." But the average woman might prefer to have her brainstorms while bone-dry, supermatte, and smelling of Shower Fresh Mountain Springs. "Sweating can be a tremendous social impediment, and even more so for women," says David M. Pariser, a professor of dermatology at Eastern Virginia Medical School in Norfolk and a founding member of the International Hyperhidrosis Society. "Sweating is perceived as dirty, nervous, and masculine." That said, the desire to stop sweating-in the heat, under stress, or just under the arms—still preoccupies us. So here's what you need to know about how to keep it under control—and the best solutions for staying dry. Genius.

Sweat: The Details



Sweat: The Details

Antiperspirant: Classified as over-the-counter drugs since they inhibit a normal bodily function, all antiperspirants have a version of the same active ingredient-aluminum salts-that forms a plug inside sweat glands and slows perspiration. Most antiperspirants also have fragrance to take care of any odor that sneaks through. They work best on dry skin at night, says David Bank, an assistant clinical professor of dermatology at New York Presbyterian/Columbia University Medical Center. "A significant percentage of

antiperspirant never makes it to sweat glands because people use it on damp skin after a shower and the water carries it away." The light, barely noticeable

Approximate share of the population with

sweating -INTERNATIONAL HYPERHIDROSIS

excessive