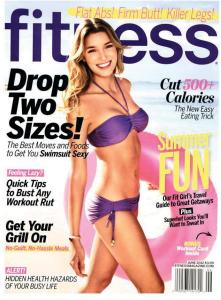
## THE CENTER FOR DER MATOLOGY, COSMETIC & LASER SUR GERY

OUTLET: FITNESS DATE: JUNE 2012





in the morning for the best results.

"For your antiperspirant to work, it has to get into the sweat glands and block them," explains David Bank, M.D., a dermatologist in Mount Kisco, New York. "Overnight, you're calm and cool and your skin is completely dry, so a much higher percentage is going to be absorbed.

You can apply antiperspirant anywhere that sweat surfaces, but watch for irritation, especially on sensitive spots like your chest. For the area under your boobs, dust on baking soda when your skin is clean and dry. "Baking soda is antibacterial and anti-inflammatory. In addition to drying up moisture, it

prevents irritation," Dr. Bank says. To absorb sweat on your scalp, use dry shampoo, and to keep feet dry, try sweat-wicking inserts like Summer Soles (\$8, summersoles.com), Dr. Glaser suggests. To prevent downthere sweat, opt for an absorbent powder designed for that area. Your workout wear also makes a difference. Invest in high-tech synthetic fabrics that feel airy and wick moisture away from your skin.