

# Feel Fresh as a Daisy!

Stay dry from head to toe with these expert tips and product picks

**Q** My palms sweat when I get nervous — is there anything I can do?

**A** For starters, don't sweat it, says David Bank, M.D., director of The Center for Dermatology in Mount Kisco, N.Y. "Many times, people who suffer from excessive perspiration also worry about it so much that they create a spiral effect," he explains. If you are prone to perspiration problems, practice relaxation techniques like yoga or meditation to help curb the anxiety



that triggers sweat. And before stressful situations, rub hands with **L'Occitane Natural Deodorant Stone**, \$21, [loccitane.com](http://loccitane.com), a salt crystal that leaves palms dry. Or try **DriOff Gel**, \$23, [hildderm.com](http://hildderm.com), an Rx-grade sweat soaker.

**Q** My deodorant wears off after a few hours. How can I smell great all day?

**A** The key to long-lasting freshness is to layer your products. Wash with a deodorant soap like **Irish Spring Deodorant Soap Original**, \$3 per 3-pack, drugstores, before applying your antiperspirant/deodorant. Then, spritz on a little of your favorite perfume.

**Q** My scalp gets sweaty in the summer. Are there any quick fixes?

**A** For an instant remedy, try a shampoo that contains peppermint or menthol oil, says Enrique Ramirez, founder of Face to Face Spa in New York City. "It keeps your scalp feeling cool" and makes it less likely to perspire. If your hot head is making your hair limp, sprinkle a bit of talc-free and lightly scented **Cake Satin Sugar Hair & Body Refreshing Powder**, \$16, [cakebeauty.com](http://cakebeauty.com), on the roots. It absorbs excess oils in tresses.

**Q** I sweat after showering! How can I make it stop?

**A** Rinse off with cool water at the end of a warm shower, says Ramirez. Then after showering, chill out with **Wet by Tag Calming Lavender Mist**, \$19, [wetbytag.com](http://wetbytag.com). Packed with skin-calming nutrients like aloe vera gel, pure lavender oil and citrus extracts, it cools the skin and boosts moisture levels.

**Q** Deodorants make my underarms red and itchy. What's the deal?

**A** You might be allergic to aluminum, an ingredient found in most antiperspirants/deodorants. Try an aluminum-free product instead. One we like: **Doctor Burt's Herbal Deodorant**, \$8, [burtsbees.com](http://burtsbees.com), which is pumped with pure essential oils and extracts — instead of aluminum — to soothe and protect your underarms.



**Q** I get "bacne" (back acne) in the summer. Is it because I sweat more during warm months?

**A** Excessive sweating is part of the problem. Tight-fitting tops can also cause sweat and bacteria to build up on your skin and make you break out. "Wear a cotton bra — not moisture-trapping nylon or spandex — and go for loose-fitting clothes to get air circulating around the body, allowing perspiration to evaporate," says Dr. Bank. You can also smooth on a little **Id Sweat Acne Monolaurin Gel**, \$12, [vmvhypoallergenics.com](http://vmvhypoallergenics.com), to sop up back moisture and prevent breakouts.

**Q** Help, I suffer from night sweats!

**A** Switch to breezy, natural fiber PJs (like cotton or linen) so that your skin can breathe. Take stock of the blankets you sleep under, too, because bulky materials like wool can trigger hot flashes. For added assurance, roll on **Certain Dri**, \$6, drugstores, before bed — you'll stay dry all night... and day!

**>q&s tip**

Curb body odor by cutting back on caffeine and foods with a lot of garlic or onions.

## Instant Coolers!

### Two more ways to beat the heat

● **EYE MASKS** Mix a couple of tablespoons of cold water with a cold cucumber in a blender, says Ramirez. When you start to overheat, spoon a dollop of the mixture into a folded paper towel and rest the "mask" over your eyes.

● **WATER, WATER, WATER** Dubbed a "swimming pool in a can," **Splash Cool**, \$13, [splashcool.com](http://splashcool.com), emits a super-soft mist of purified water to refresh your face and body.