

BODY ODOUR IN TEENS



Parenting Support Series

Take a healthy diet and be well hydrated. In addition to that, here are some tips you may follow to prevent and control body odour in teens..



Wear clean clothes

Wearing clean clothes (including inners, t-shirts, socks) could help in reducing body odour as they are breathable and absorb sweat. Materials, such as rayon, silk and polyester, are not breathable and may cause more perspiration.



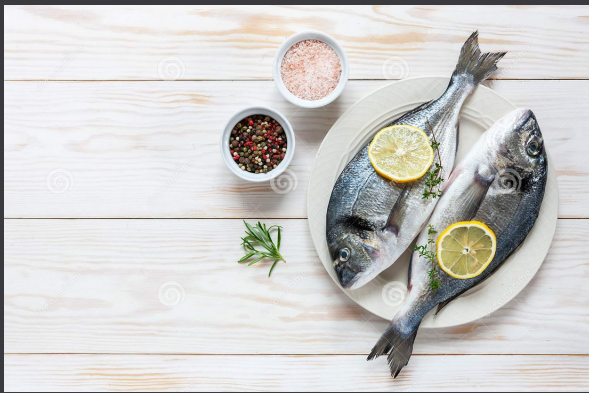
Shower with antibacterial soap

Regular bathing with antibacterial soap and washing parts like armpits, groin and feet could remove sweat and body odour causing bacteria.



Deodorants

Deodorants may cover or block the odour, while antiperspirants dry up or prevent sweat. Antiperspirants containing aluminium zirconium and aluminium chloride are considered effective.



Foods

Cutting down certain foods, limiting strong-flavoured and strong-smelling foods such as garlic, fish and spices may help reduce body odour.



Home Remedies

You may even try some home remedies for body odour in teens.

There are lots of recipes on the internet that you can try.

When to see a doctor?

If the body odour seems strong and out of control, then it is good to seek a doctor's opinion. If the teen sweats excessively and already has another medical condition, then it becomes essential to visit a doctor.

Body odour is not a severe condition to stress about. Ideally, it goes away when certain lifestyle changes are made. Your teen may also be able to manage body odour better as they grow older. Patience and regular day-to-day hygiene can help tackle body odour in teens.

