

WORST-CASE SCENARIO®

HOW TO DEAL WITH BODY ODOR

1 Apply cologne or perfume.

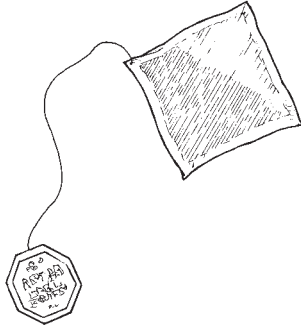
If you are on the way to a date and discover a problem with body odor, find a drugstore or department store. Apply the scent liberally.

2 Change your shirt or remove the offending article of clothing.

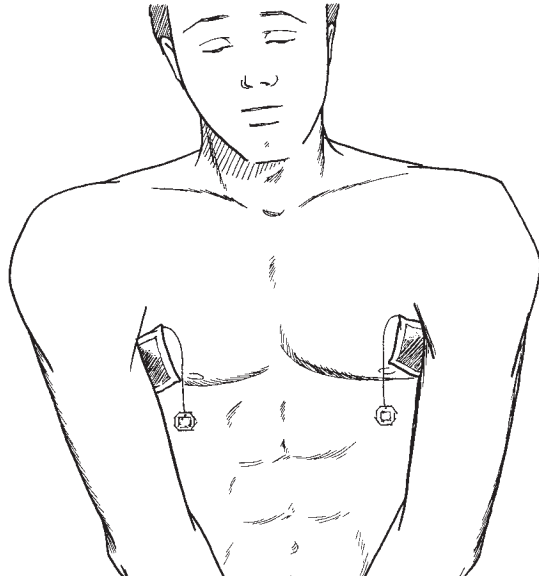
A simple change of clothing can often eliminate the odor, especially from an undershirt. Purchase a new shirt if you have to.

3 In mid-date, use one of the following techniques in the bathroom:

- Wet a stack of paper towels with hot water and a bit of soap. Take a second stack of towels and wet them without adding soap. Wash under your arms and wherever necessary with the soapy towels, then rinse with the remaining towels.
- Obtain chamomile tea bags from your server if you are in a restaurant. Soak them in hot water, then wipe down the offending areas with the bags. If possible, leave them in place for several minutes.
- Obtain a handful of fresh rosemary from the kitchen, wet it slightly, and rub it over the offending areas.
- Apply bathroom soap (powdered works best) to the offending areas to mask the scent.



Soak chamomile teabags in hot water. Wipe the offending areas with the tea bags. If possible, leave the bags in place for several minutes.



Be Aware

- To avoid B.O., try bathing using an antibacterial soap. Prolonged use can cause dryness, however.
- Avoid spicy or garlicky foods—these can cause body odor to worsen.
- Unusual body odor—not the typical “sweaty” smell—may indicate a more serious condition.
- Watch for the warning smells of B.O.:
 - Beer smell may indicate a yeast infection.
 - Nail polish smell may indicate diabetes.
 - Ammonia smell may indicate liver disease.