

How to get rid of body odor naturally, simply but effectively

Body odor makes you lose confidence? Don't worry, you can apply the following simple, inexpensive but effective ways to get rid of body odor.



Daily personal hygiene

1. **Shower at least once a day** to remove bacteria or odor-causing agents from your skin. Use mouthwash for added protection against odors. Scrub areas that often smell like underarms, feet, and groin with a washcloth and soap to remove odors.

If you sweat a lot during exercise, shower as soon as you can. In case you cannot take a shower, you should wipe your skin with an antibacterial wet towel. This product is now widely available in drugstores.



1. **Thoroughly dry the body** as bacteria normally grow in a humid environment, so dry all parts with a towel after bathing. Focus on areas prone to water retention such as armpits or groin.
2. **Shave excess body hair** to prevent bacteria growth. You can shave your armpits or any other area with excess hair, which makes it easier for bacteria to grow. But remember to use the razor gently, against the direction of hair growth. You can use hair removal cream to make things simpler.
3. **Use deodorant or apply antiperspirant** . These products are now widely available in supermarkets or grocery stores. You can buy deodorant without antiperspirant if you don't sweat a lot.
4. **Wear clean, breathable and sweat-wicking clothing** . Avoid dirty, smelly clothes because they only cause bacteria to appear on your skin. Some absorbent fabrics can stink, so wash them as soon as possible.
5. **Wear antibacterial socks if your feet are smelly** . This product is currently sold a lot in the market so it is not difficult to find. Remember to dry your feet before putting on socks. Also, if possible, wear bare feet or open-toed shoes to improve circulation around your feet.



Change your diet and lifestyle

1. **Eliminate spicy foods and strong-smelling foods from meals** . Hot spicy foods make you sweat a lot, making your body smell. Garlic and onions can also be absorbed into the body's internal system causing your sweat to smell. Therefore, pay attention to the body's reaction after eating to be able to find out which foods make your body stink.
2. **Drink water to remove toxins from the body** . Try to drink at least 8 glasses of water a day, equivalent to about 1.5 liters of water. Avoid sugary or caffeinated drinks because they only dehydrate the body and accumulate bacteria. In addition, drinking enough water also hydrates the skin, keeping you healthy and always young.
3. **Meditate or practice yoga to relax and relieve stress** . Stress is also a cause of body odor. The two forms of exercise mentioned above will help you "beat" stress, from there, the body and mind are healthier, more joyful and the body odor is also gone.
4. **Do not eat seafood if the body has a fishy odor** .
5. **Avoid smoking and drinking alcohol** .

If you have applied all the above **methods of deodorizing the body** and you still have not achieved the desired results, then please consult a specialist.

Above is **the simplest method of deodorizing body** that anyone can apply. If you know more ways to get rid of other body odors, please share with our readers TipsMake.com!

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