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HOW TO BREAK THE STRESS-BINGE CYCLE... BY THE WH STAFFER WHO DID
It's appraisal time and your post-gym sweats won't quit

The issue: Nobody wants to be that woman - you know, the one with Iguazu Falls under her pits. But here's the problem: while exercising pre-meeting is shown to boost confidence, it also can leave you sweating for an hour after you've worked out. You need to lower your temperature and aid evaporation. That means no hot showers or latte chaser.

The fix: Drink from the cold fountain, not the lukewarm one. A study* showed those who drank ice-cold drinks while exercising perspired less. The same trick works by placing a cold towel under your arms or on the back of your neck.

The kit: “Look for an antiperspirant with aluminium chloride,” says dermatologist Dr Adam Friedmann. Try Driclor Solution, £6.19. The trick is to apply it only when you're totally dry. WH