

How to Use Home Remedies to Treat Perspiration

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Perspiration is something we all deal with on a day-by-day basis. Everyone sweats. We sweat more in the [summer](#) because of the heat than we do in the winter. Some of us sweat more than others. Antiperspirants and deodorants help treat perspiration and keep body odor away but they don't help everyone the same way. Some people have tried different home remedies to treat their excess perspiration and have had better luck with them than with deodorant.

1. Step 1

Take a bottle of milk of magnesia and shake it well. Apply to the underarms like you would regular deodorant. The difference is you would have to apply it by hand instead of rolling it on like deodorant. You can also use a cotton ball or wash cloth. Some people might think using milk of magnesia for an antiperspirant is gross but it has worked for lots of people. It doesn't stain and dries on clear.

2. Step 2

Take 1 part vinegar and 1 part water and apply it to your underarms. You would have to use a cloth or cotton ball to apply it to your underarms. Make sure you dilute it enough or the vinegar will sting. Women who try this home remedy should apply it before shaving their underarms because it will sting.

3. Step 3

Take a dime size amount of baking soda and apply it to the underarms without mixing it with water. Anymore than a dime size amount of baking soda can cause irritation.

4. Step 4

Steep 5 tea bags in 1 quart of hot water for 15 minutes. Soak your hands and feet in the tea for 30 minutes. By steeping the tea bags in hot water, this makes an acid called tannic acid. Tannic acid helps treat excessive [perspiration](#) on the hands and feet. The only problem with this is that it can stain your hands and feet so use this remedy with caution. Tannic acid also comes in topical medications but is more expensive than making it from tea.

5. Step 5

Take 3 unpeeled lemons and roll them on a hard surface until soft. Cut them in half and rub each half on your underarms. The acid from the lemons kills the odor from perspiration. If you have hairy underarms, make sure to shave them before using this remedy. [Take a shower](#) or bath afterwards.

6. Step 6

Take 1 tablet of zinc with food or milk everyday. Zinc gets rid of odor and perspiration completely. You can buy zinc at any drug or vitamin store.