

BUSTLE

8 "Weird" Areas Of The Body That Are Actually Normal To Sweat From

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April 26, 2017



We're all used to seeing sweat in places like our armpits or our forehead, but when we start to feel a little trickle of moisture in other places, we may feel a little self-conscious. However, sweating happens all over, and there are some "weird" areas of the body where it's normal to sweat. Just because your friends don't discuss their boob sweat doesn't mean it doesn't happen to them too, and there's no need to

feel embarrassed about a little perspiration in spots that might seem less than ideal.

Sweating is a natural physiological process that everyone experiences, and it occurs when your body needs to stay cool or as a response to stressful stimuli. But sweating itself is nothing to stress about.

"So many people become embarrassed about sweating because they believe they may be perceived as an unkempt individual lacking the ability to tend to their personal hygiene," says Nesochi Okeke-Igokwe, M.D., M.S. over email. "It is key to understand that because we do have an abundance of sweat glands dispersed throughout the body, a certain degree of perspiration is definitely normal, even in the most unexpected places."

Here are eight weird areas of the body where it's totally normal to sweat.

1. Genitals



"Both women and men will definitely sweat around the genital region, as there is a plethora of apocrine glands that can be found there," says Okeke-Igbokwe. During an intense workout especially, it's absolutely normal to experience some sweating in that area, she says

2. Butt



Sweating can also occur in the buttock region, particularly around the gluteal fold. "Especially during a very hot and humid day, it is not uncommon to experience some drops of perspiration around this area of the body containing sweat glands," says Okeke-Igbokwe.

3. Breasts



"If you are someone with larger pendulous breasts, you may be prone to sweating especially along the inframammary folds, the region just under the breasts," says Okeke-Igbokwe. Areas of the body with skin folds that touch are ideal pockets of space for moisture and sweat to accumulate.

4. Inner Thighs



Your inner thighs aren't immune to sweating either. "This area of the body may touch or rub against each other with certain movements and can contribute to perspiration in between the inner upper thighs," says Okeke-Igbokwe.

5. Feet



"It may come as a surprise, but the soles of the feet are very highly concentrated with sweat glands which can therefore produce a good amount of sweat," says Okeke-Igbokwe. Wearing breathable shoes can help with any excessively sweaty feet.

6. Top Of The Head



"It is normal to sweat on the top of our head but not everybody does," says dermatologist **Dr. Ava Shamban** over email. You might have to wash your hair more often, but it's nothing to fear.

7. Stomach



Don't feel weird about some perspiration around your midriff. "Sometimes sweat gets trapped between folds of skin — on the abdomen, for example," says Dr. Jennifer Caudle over email.

8. Neck



Sweating on the back of the neck is also normal, says Shamban. It can occur particularly on the hairline, so if that happens to you, you're not alone! Keeping your hair up can help keep your skin cool.

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