

Reader's
digest

6 Men's Toiletries Women Should Steal (and 1 They Definitely Shouldn't)

The packaging might be different, but what's inside many men's and women's products is almost identical. But—bonus!—men's toiletries tend to be cheaper. Here's how to get beautiful for less money.

Steal: Men's deodorant



ISTOCK/ARSENIX

Fact: Everyone sweats. And if you find women's deodorants lacking in pit stain protection, **Ava Shamban**, MD, a Beverly Hills dermatologist and author of *Heal Your Skin*, recommends grabbing Mitchum unscented antiperspirant & deodorant. (Buy it in an invisible roll-on formula or a gel, which stays active for 48 hours.) "An extra-strength formula, it's more effective than anything for the ladies and great for summer sundresses," she says. This is what your sweat can reveal about your health.

<https://www.rd.com/health/beauty/mens-toiletries-for-women/4/>