

How To Make Butt Sweat More Comfortable In The Summer

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At any given moment in the [summer months](#), many of us may have a small river of [sweat](#) trickling down our backsides. Although it might be something you try desperately to keep to yourself, sometimes you can't hide the fact that your butt is pretty much drenched.

Butt sweat is really not something to be embarrassed about. We have [sweat glands all over our bodies](#), and that includes the butt and groin, explains [Rebecca Baxt](#), MD, FAAD, a board-certified dermatologist in Paramus, NJ. There's nothing really special about the buttocks skin that makes it [sweatier in general](#), but butt sweat is absolutely a thing, she says.

Some suspect that there are higher concentrations of a [specific type of sweat gland](#), called eccrine glands, located on the skin of your butt. [Eccrine glands](#) release sweat directly onto the surface of your skin, and they're mostly found on the soles of the feet, palms, forehead, cheeks, and armpits. There are also some logical reasons why the region gets extra damp around this time of year, such as wearing pants and being in the [heat](#).

Keeping your butt sweat under control can be challenging, because you can't exactly swipe deodorant on your butt and call it a day. Given this struggle, ahead are a few helpful tips for controlling your swamp butt:

Use an antiperspirant.

There are some [wipe-on antiperspirants that come in a towelette](#), and contain aluminum chloride, which is stronger than regular OTC antiperspirants, explains [Dee Anna Glaser](#), MD, FAAD, founding member of the International Hyperhidrosis Society. Applying those to the buttocks area before bed, when your skin is completely dry, can help prevent sweat the next day and minimize irritation, she says. Antiperspirant sprays can also be helpful to treat hard-to-reach areas of the body, she adds. Some people claim that sprinkling baby powder down under can help absorb moisture, but given the [potential link between talcum powder and cancers](#), it's not a great idea to [use these powders](#) on or around your genitals.

Stick to breathable fabrics.

Breathable, moisture-wicking underwear is your friend — not cotton, which can trap moisture, or [lace](#), which tends to be more irritating on your skin. Several workout brands, such as Under Armour and Athleta, sell [underwear for working out](#) that can be a godsend, even if you're going nowhere near a gym. Some patients of Dr. Glaser will wear sweat-wicking workout shorts underneath their clothing, to help prevent sweat from showing, she says.

Wear a panty liner.

If you're in a bind, wearing a [thin feminine pad](#) can help to absorb sweat, Dr. Glaser says. "Sweat will sometimes drip down to the bottom of the butt and into the genital area," she says. A pad can help absorb some of that moisture, so you can "feel more confident," she says. Of course, it's important to change your pad every few hours so you're not sitting uncomfortably in your own sweat.

Change clothes after a workout.

If you usually [wear leggings](#) during a workout, sweat can be more visible on your butt due to the pressure of the clothing, Dr. Baxt says. And if you're seated for the workout — such as biking, using [exercise machines](#), [rowing](#), or [stretching](#) — then it might make your butt sweat even more pronounced, she adds. Opt for [leggings that wick away sweat](#), and don't forget to [change out of them](#) after your workout to [prevent yeast infections](#) or skin rashes.

Consider seeing a specialist.

Excessive and unpredictable sweating seemingly without a cause is called "[hyperhidrosis](#)," and it could explain your extra-sweaty butt. The condition primarily targets the underarms, palms of hands, soles of feet and the face, but some people experience sweating in the back and groin region, or around the butt. An estimated [2.8% of the population](#) suffers from hyperhidrosis, and it's worth it to find a physician who knows how to treat it. (The [International Hyperhidrosis Society](#) is a great resource if you're looking for a doctor.) Luckily, there are a few successful [treatments available](#) for those who suffer from hyperhidrosis, ranging from powerful anti-perspirants to medications and procedures such as [Botox](#) and [miraDry](#). Don't be embarrassed to mention your sweaty butt to a doctor, Dr. Glaser says. It could be just what you need to find relief.