

# Why You Need To Deal with Armpit Stains in 24 Hours

Stains have plagued everyone at some point in their lives, but the most devastating ones are those that appear on your favourite shirt. Even the most aggressive chemical remover can take so much work to remove and possibly ruin your clothes. I am going to give you a breakdown on why stains form (hint: it has to do with the antiperspirant and natural deodorant you use) and how to get rid of them.

## How Armpit Stains Form with Antiperspirant

Ever noticed those yellow stains near the armpits? They form when the aluminum in your antiperspirant interact with the protein in your sweat. They are the most apparent after wearing a white blouse.

## Natural Deodorant Can Be a Surprising Culprit Too

Some natural deodorants contain coconut oil, which causes stains when it interacts with sweat. The product is more likely to get on your clothes, especially if your deodorant is hard to the touch as it will apply unevenly and leave deposits on the underarm of your shirt.

## How to Prevent Stains

If you are a natural deodorant user, you will notice that they come in two types. Those made without glide and those that are hard to-the-touch. Avoid deodorants that are hard to the touch if you want an even application and one that does not leave product deposits that can transfer to your clothing.

It also helps tremendously if you can wait until the product is fully absorbed before you get dressed. With this in mind, [the takesumi detox®](#) is made with an ingredient that gives it glide because I personally do not want a build up of product to transfer to consumers clothing causing stains that take too much work to remove.



## How to Get Rid of Stains

You must act **immediately** upon noticing the stain. The longer you wait, the more time it has to form and penetrate the clothing fibres. It creates

twice the work and lowers the possibility of removing the stain. For those who want some natural solutions, here are some DIY methods:

## Baking Soda

Make a paste out of four tablespoons of baking soda and a ¼ cup of warm water to massage into the stain. Leave the garment out for half an hour before washing as you normally would.

## Aspirin

Crush two aspirins and mix the powder in a ½ cup of warm water. Soak the stained part of the item for two to three hours and wash as usual.

## Lemon Juice

Mix equal parts lemon juice and water to rub into the stain. Lemon is a natural bleach due to its acidic properties.

## White Vinegar

If you have a tougher or older stain, pour white vinegar directly onto it and let it stand for 30 minutes. Wash as you normally would afterwards. Do not mix the vinegar with anything else unless you want a new stain to form.

Note: *OxiClean* can do the trick as well if you are okay with a chemical alternative.

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## underarm rashing

occurs when **heat + moisture** create **friction + chafing**



## sweat is colorless

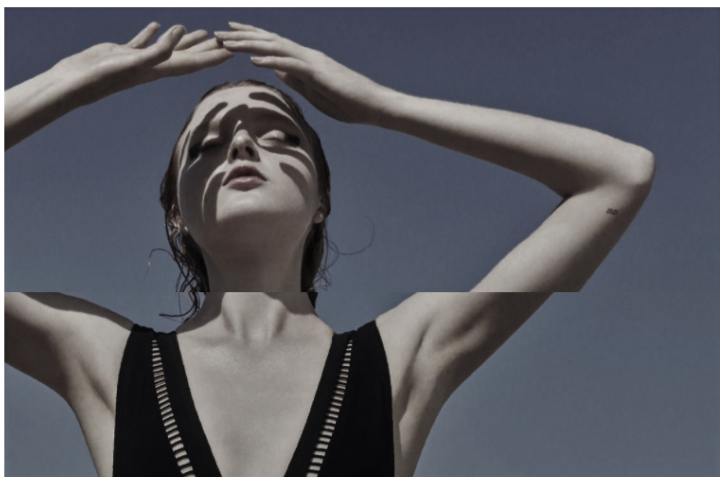
yellow stains are the results of a **chemical reaction**.



## 1 gram of charcoal

can absorb enough **toxins** to fill **four tennis courts**

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