

# GLAMOUR



BOTOX

## People are getting Botox in their armpits to stop them sweating, here's what happens...

Don't sweat it.



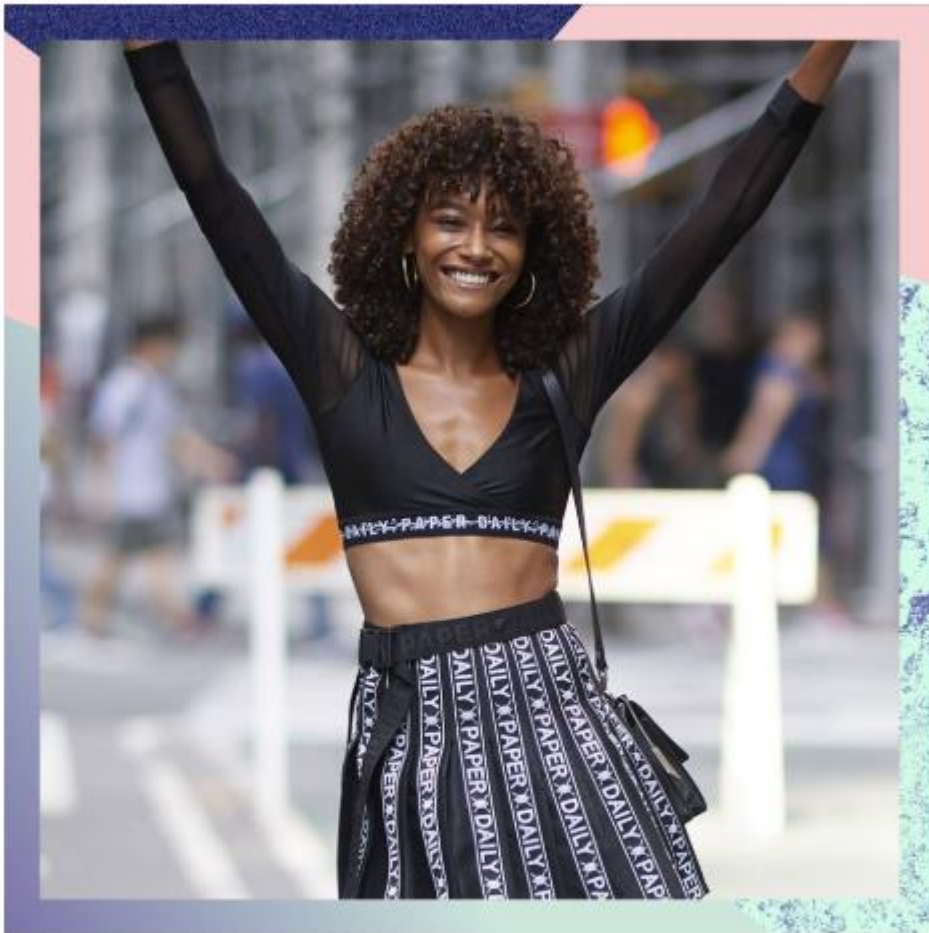
BY LOTTIE WINTER  
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We all know the feeling. The trickle down your back on a particularly packed train, the moistening of your upper lip when the sun is beating down on your face, and that instinctive awareness that yes, you definitely have sweat patches. And while sweating is a totally natural process that helps to keep the body cool, we all know that it can be less than ideal (especially if your deodorant isn't quite playing ball).

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But what we may not all know is that a popular wrinkle-smoothing cosmetic treatment doubles as a sweat-stopper.



"Botox has been used in many areas of medicine for some time, such as in the treatment of muscle spasms and certain types of headaches," explains Dr Sarah Shah, cosmetic doctor. "Its latest medical niche is the treatment of excessive underarm sweating."

The injectable treatment involves a medical practitioner dusting the under arm area with a powder to identify the areas with the highest sweat activity. Then, Botox is injected into approximately 25 key points, which temporarily blocks the nerves that stimulate sweating.

As well as a cure for inconvenient sweating, the revolutionary treatment is a godsend for anyone who experiences excessive sweating, known as hyperhidrosis.

"People with hyperhidrosis may sweat even when it is cool or when they are at rest, although heat and emotions may also trigger hyperhidrosis. It usually affects the hands, feet and underarms, due to relatively high levels of sweat glands in those areas.

"Clients that have uncontrollable sweating quite often have significant physical and emotional stress that can lead to social isolation," says Dr Shah.

Would you try it?