



# Tips to **MANAGE** *and* **PREVENT** *Breast Sweat*



Wear moisture-wicking and breathable bras to stay dry and comfortable.



Use cotton inserts or bra liners for enhanced sweat absorption.



Avoid wearing tight-fitting upper clothes to promote better airflow.



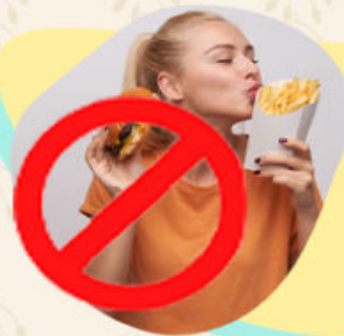
Wear light-colored clothes to reduce heat absorption and sweat production.



Apply an antiperspirant under your breasts.



Go braless when feasible for ample breathing room for your bust.



Avoid consuming foods and beverages that induce sweat and odor.



Wear breathable and loose nightwear to tackle night sweats.