

## **No sweat, a Botox shot in the armpit is all it takes**

**Sonal Shukla, Hindustan Times**

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Delhi resident Amit Kumar, 31, always detested the scorching summers and felt very uncomfortable due to excessive sweating especially in his armpits. "I travel a lot for my business meetings. Due to excessive sweating in the underarms, I was never comfortable removing my blazer in front of others.

I was wondering how to get rid of this problem," said the Kumar who works in the information technology industry.

Two weeks back, Kumar found a temporary solution for his problem in botox. The protein popularly associated with ironing out facial wrinkles can also be injected in the armpits to block nerve signals thus reducing perspiration for at least six to eight months.

"I read about botox injections for axillary hyperhidrosis on the internet. When I flew to Mumbai for a business trip I tried it and it worked for me," said Kumar.

With increased consciousness about grooming, a growing number of professionals are willing to invest in doing away with armpit stains and body odour.

"We get at least eight to 10 people in the age group of 25 to 35 going for this treatment in summer. Surprisingly, almost 60% are men," said Dr Apratim Goel, cosmetic dermatologist and laser surgeon and director of Cutis Skin Studio, Bandra.

Some people have hyperactive sweat glands. Those suffering from anxiety also perspire more and some are genetically more prone to sweating. "For controlling sweating in such individuals, botox works probably the best. The procedure is done under the skin and that makes it completely safe," said Falguni Shah, dermatologist and consultant cosmetic physician, Radiance Skin Clinic, Juhu.

Dr Mohan Thomas, senior cosmetic surgeon, Breach Candy Hospital, Bhulabhai Desai Road, also said that more people are opting for this treatment. "They are more aware about the procedure. But this treatment is not a permanent solution and the costs are high," he cautioned.

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