

Alternatives to Bathing

Puberty often increases body odor (BO) but sometimes bathing (bath or shower) is inaccessible. Try these alternatives to showering to manage BO.



Sink Bath

Use a sink or water bottle + wash cloth to wipe down armpits, back, chest, feet, and genitals.
-Soap is optional- if you use it, be sure to wipe it off with water after.



Wet Wipes

Wipe armpits, back, chest, feet, and genitals with fragrance free wipes.
-Keep wipes next to bed to increase access!



No-rinse Soap

Use no-rinse soap to wash body when getting wet in the shower is too dysregulating.



Full Body Deodorant

Use full body deodorant to mask body odor if regular showering is not accessible.