

5 Expert Tips For Smooth Underarms — Just In Time For Warmer Weather



2. Be mindful of where you put chemical exfoliants.

You'll want to stick to physical exfoliants like gentle scrubs in areas like the underarms and bikini zone rather than chemical exfoliants, as the latter can be especially irritating to those areas. "You do not want any kind of chemicals in or around tight, closed spaces, like the underarms or the inguinal folds, which are around the pubic area, because it can be very irritating," says board-certified dermatologist [Neda Mehr, M.D.](#), board-certified dermatologist, founder of [Pure Dermatology Cosmetic & Hair Center](#), and founder of clean skin care brand [Dermbx](#). "When skin is on skin, it can be very occlusive and cause those chemicals to be concentrated 10 times higher than expected."

Bonus tip: If you do use chemical exfoliants on other portions of the body (like an AHA body lotion), make sure to avoid applying them [directly after shaving](#), as it will likely burn—think lemon juice on a cut type of burn.

5. Beware of over-shaving.

"One mistake that I often see is people over-shaving and getting a nickel allergy and then not seeing a dermatologist soon after. So they keep shaving and shaving when they have an allergy, and that leads to hyperpigmentation in darker skin types and redness and irritation in lighter skin types," Mehr explains. Not to mention, you should avoid shaving over irritated skin in any form—allergic reaction or otherwise.

So if you haven't introduced any new products and follow the above tips, persistent irritation may be a sign you have developed an allergic reaction to the blade. As always, consult a dermatologist if this irritation sticks around.