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### About self-care.

It's a fact of life that our bodies change when we hit a certain age... Yes, I know: this can be soooo embarrassing. Maybe it's better just to bury our heads in the sand and pretend it's not happening, right?

Wrong! Because sooner or later, we all have to face it. You know, the hair under our arms, the slightly stale smell of armpit sweat, the 'other' kind of smell from our groins if we don't keep clean. As a matter of fact, other areas can get a bit smelly and grimy too, in a way that we probably didn't experience when we were little. For instance, our hair gets greasier, our faces can be oily, and we might even get spots on our faces. And then there are the changes to our body shapes and hair sprouting in other places too.

It would be nice if we didn't have to confront all these smells and changes but, alas, we do! So, what should we do?

Some people try to deal with the smelly things simply by covering them up: you know – a squirt of deodorant, after-shave or perfume. Bingo! Yes? No. It might create the *illusion* of a delicious smell, but if you're not clean, it only masks the underlying smell temporarily.

So, this means we actually need to WASH. Warm water, shampoo, soap or shower gel. **Daily** is ideal but failing that, **every other day** might do unless you get really hot and sweaty, or it's a sticky summer's day.

And shower or not, our faces need a splash of clean water morning or night anyway. This helps to keep your pores clean (pores are the tiny little holes in the surface of our skin).

What about our clothes? Well, these need washing too since our bodily odours cling to them. It's not much good if we are clean but our clothes aren't! What if we don't care about our own smell? The truth is we may well not, but others might. And some people find smells quite overpowering and difficult, so they may avoid you if you have a tendency not to smell clean.