

I mean even if you don't want to be the popular kid you don't want to be the stank here right

what's up my tweens and teens it should vixx's Bree in today's video is going to be all about body hygiene. So when I was in high school I had a really hard time with body hygiene only because I sweat profusely all the time. Somebody could blow their breath on me and I start sweating. So I'll never forget there's one time I had got my hair done, I had on this really cute outfit and I was like you know what i'ma talk to my crush today. Um you know I'm gonna get the courage up and I'm gonna give him a hug so I went in I'm like hey and I give him a hug he was like what he was I'm like and I'm like so after I went home and cried for like thirty minutes to an hour I decided you know what I need to figure out what I need to do in order to smell good at school all day so let's get into the video.

So tip number one is wash up every single day that means Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday, again and I'm saying this because a lot of times we think okay I'm gonna wash up at night then I'm gonna get up put my clothes on hop on the school bus get to school and then by 10 o'clock you walking around like a soldier because your armpits stink. Make sure that you are washing up every morning before you go to school, make sure that you're washing up before you go to an event, before you go to cheerleading practice, before you go on a football field a, basketball court, making sure you are washing up before you get around people that is the main tip making sure you're washing up every single day.

Tip number two make sure that you are using a deodorant that works best with your body chemistry so for me I like to use Armen hammers essentials fresh it doesn't have any aluminum in it, so I do sweat a little bit more which you're supposed to sweat but it keeps me fresh throughout the day and I'm able to wipe under my arms and reapply this without getting any bumps or any cysts or anything like that is gonna cause me to be uncomfortable throughout the day and this is a none negotiable once you get out the shower and you're clean you need to be putting deodorant underneath your armpits. I mean there's nothing else we should talk about on this.

Tip number three focusing on your breath, now I know that when I was in high school we used to joke and talk about dudes who breath smell like they've been eating on Dookie chips so this is what I'm gonna do for you. Guys brush your teeth that way when you go talk to a girl you slide up in her face you'd be like 'hey girl what's your name' she won't be like 'uh-uh boy get on my face with that stinky breath like buddy my baby'

Alright tip number four and almost as important as tip number one which is to wash up daily please please please please stop going into the dirty clothes basket and getting out dirty clothes to put on a clean body. Listen to me I know that crop top that you like to wear and it shows your bellybutton look so cute and I know that medidas jeans or adidas sweat that you like to wear my do are your favorite when you practice them for football practice but they smell like two weeks ago leave them in the dirty clothes basket and put on clean underwear and clean clothes every time you take a shower. Now if these are your favorite things to wear then you need to be washing your clothes a little bit more often other than that stop going into the dirty clothes basket getting out dirty clothes to put on a clean body it's just not cute it's just it's just not cute

Alright tip number five which is probably just as important as tip number one carry you a bag you can do the fanny pack to go around your chest dues or you can do the fanny pack that go around your waist girls you can do the book bags you can do a cute little blue bag you can do your purse you can do whatever but make sure that you have some essential things inside and some of the things that I carry in my bag it's a rag. I always carry a rag so that when I'm starting to smell myself just a little bit you know it's okay to ask the teacher like hey can I go to the bathroom take your rag put some hot water on it wipe underneath your arms or in your vaginal area or your genital area and you know just freshen up a little bit so I always keep a towel with me. I always keep somebody spray this is my favorite right now which is the vanilla bean Noel fragrance by Bath and Body Works so I always keep you something that's gonna help you smell good throughout the day with you, you want to make sure you have your non-negotiable now most deodorants come in a two-pack go ahead and get you a toupee because that way once and going your bookbag and want to stay at home that means you stay fresh throughout the day. Another thing I like to keep with me it's a mouthwash cuz you never know who will want to talk to you that Dan you want to make sure that that breath smells great you know where she I write

my tweens and teens that is it for this video on how to maintain your body hygiene so that you can smell good throughout the day don't forget to subscribe hit that notification bell like this video send a comment at the bottom and I will see you guys next week