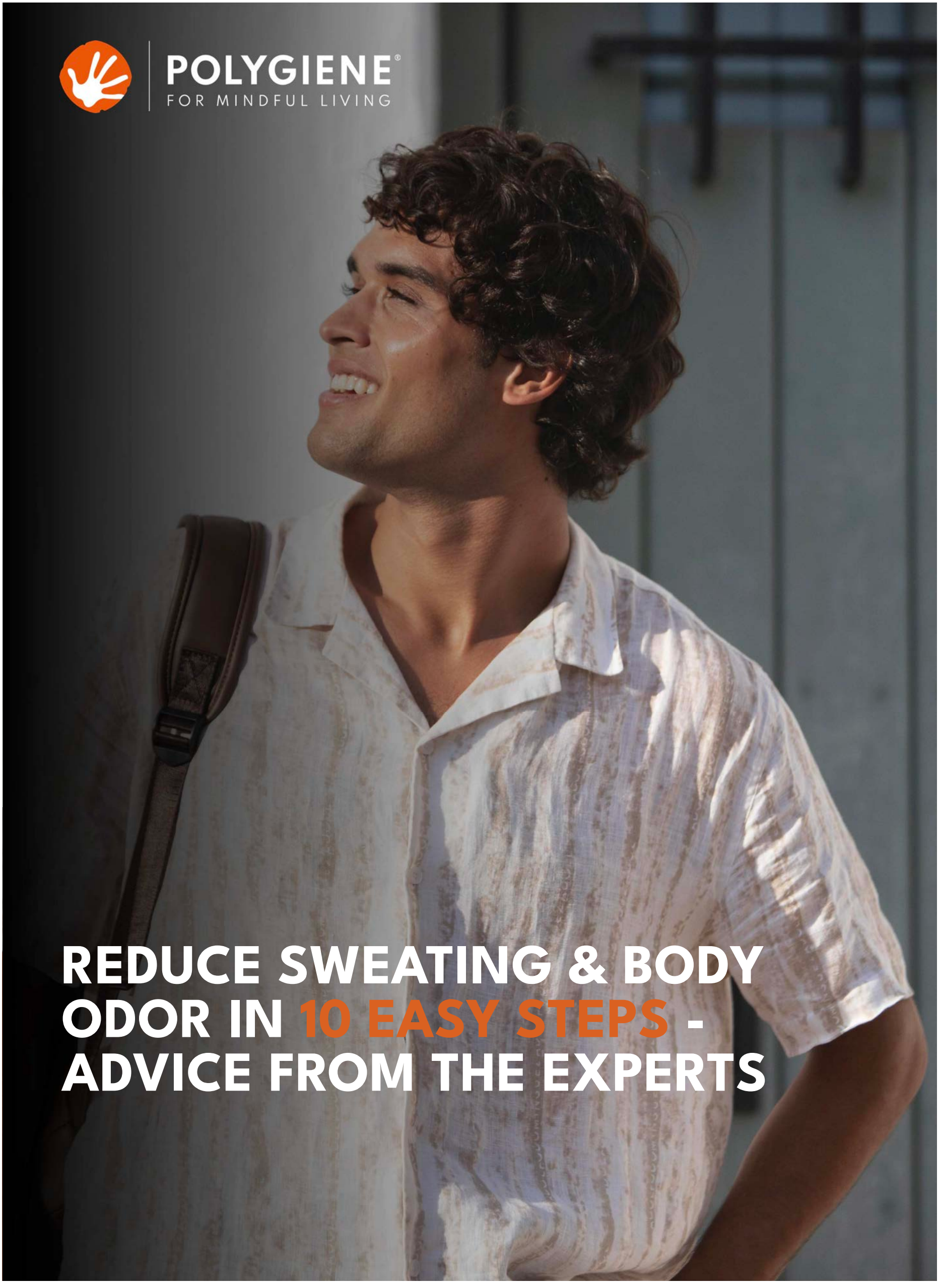
POLYGIENE®
FOR MINDFUL LIVING



REDUCE SWEATING & BODY ODOR IN 10 EASY STEPS - ADVICE FROM THE EXPERTS

Staying fresh, sweating less, and banishing that body odor isn't always easy.

But with Polygiene's help, you can make it happen.

Whether you find yourself perspiring heavily in important work meetings or are self-conscious about the way you smell when out on a date, there's plenty you can do to fix the issue.

To get you started, we've put together a 10-step guide to reducing sweating and managing odors. In it, you can expect to find tips on:

- What to wear and how to wear it.
- The added value of textile technologies.
- Diet and which foods to eat and avoid.
- Hygiene habits that will eliminate odors.

CONTENT IN THIS WHITE PAPER

1. CHOOSE YOUR MATERIALS WISELY

The fabrics you wear make all the difference when it comes to staying cool, minimizing perspiration, and smelling your best.

Your clothes determine how well your body can regulate its temperature. With this in mind, select materials based on the following factors:

- **Breathable** - opt for fabrics that guarantee good airflow and allow heat to vanish easily.
  Choose - Linen, Bamboo, Cotton
  Avoid - Traditional synthetics - Polyester and Nylon

- **Moisture-wicking** - choose fabrics that move moisture away from the skin.
  Choose - Merino Wool, Tencel, Optimized synthetics
  Avoid - Cotton, Silk

- **Light Colors** - the color of your clothes will determine whether they absorb or reflect light and heat.
  Choose - White and light colors
  Avoid - Black and dark colors

2. TAKE ADVANTAGE OF TEXTILE TECHNOLOGIES

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Advanced textile technologies are changing the way manufacturers design clothing and enhance certain aspects of performance.

Providing long-lasting, 24/7 protection, these innovative solutions help you eliminate odors and keep cool. Keep an eye out for the following technologies:

- Antibacterial odor-control - prevent the growth of odor-causing bacteria, keeping fabrics fresher
  See Polygiene® StayFresh

- Environmental odor-control - capture and “crunch” odor molecules, so textiles don’t smell.
  See Polygiene® OdorCrunch

- Cooling technologies - reduce fabric temperature on contact with sweat for a cooling effect.
  See Polygiene® StayCool

3. IT'S ALL ABOUT THE CUT OF YOUR CLOTHES

While material choice and textile technologies both have a significant impact on sweating and body odor, so does the cut and design of your clothes.

If you want to stay cool when things start to heat up, here are your key DOs and DON'TS:

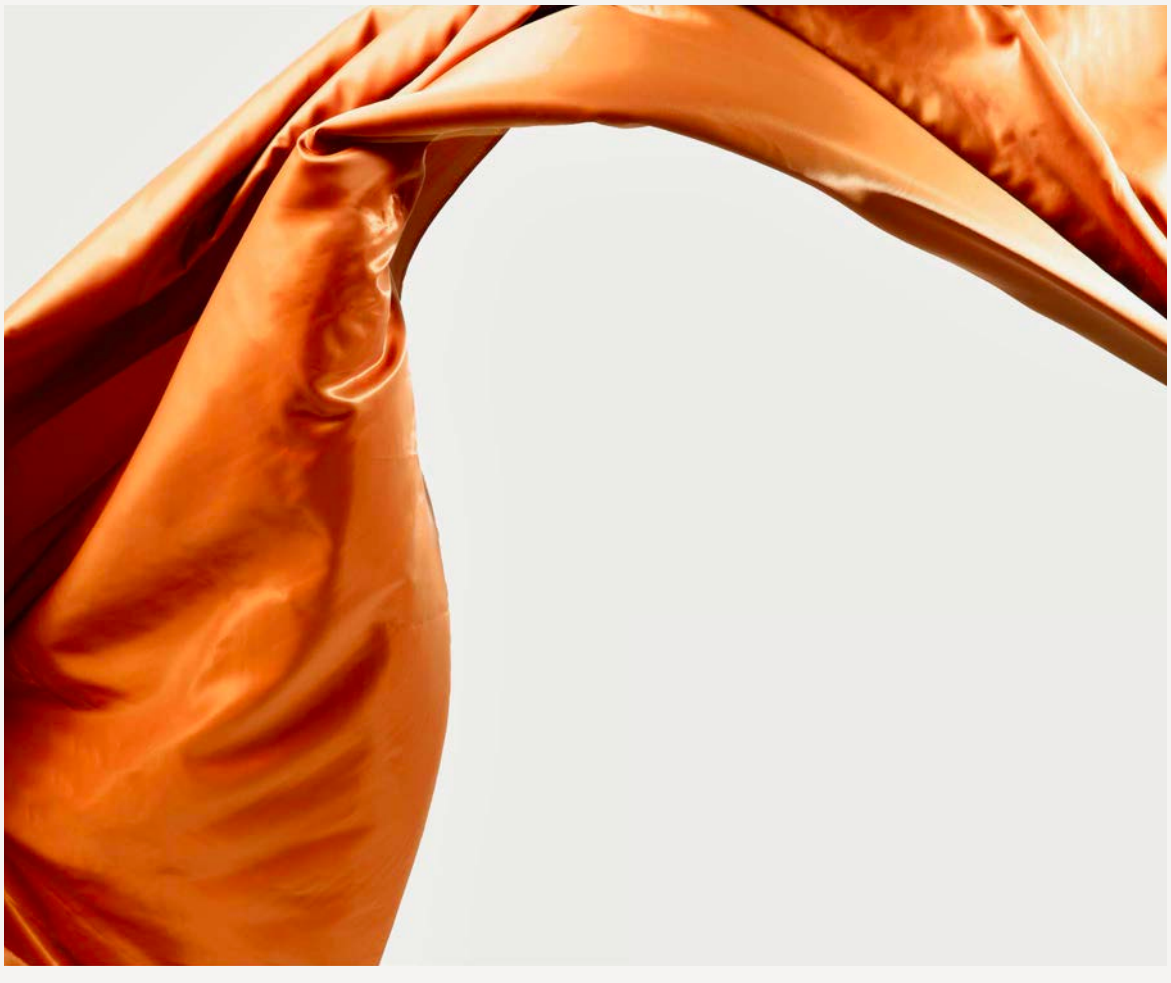
DO

- Choose loose-fitting items to promote airflow.
- Look for lightweight items that sit gently on the skin.

DON'T

- Wear items that rub - the friction creates heat.
- Dress in tight apparel that clings to the skin and traps heat.

4. DRY AND AIR CLOTHES
AFTER USE



Staying cool and smell-free isn't just about the clothes that you're wearing. You also need to care for your apparel before and after wearing it.

One of the most effective steps you can take is airing your clothes out after use and ensuring they dry properly. Here are five excellent reasons for doing so:

1. Sunlight prevents bacterial growth, while proper drying deprives bacteria of the moist conditions they need to grow.
2. Damp textiles are prone to be smelly. Drying them out ensures your clothes aren't affected.
3. Moisture weakens fabric fibers over time. Dry your clothes for stronger, longer-lasting textiles.
4. Airing is ideal when clothes don't need washing just yet. Fewer washes also means the item lasts longer.
5. Fewer washes also mean you use less water and electricity, reducing your environmental impact.

5. STAY HYDRATED AND EAT SENSIBLY

It's not just what we put on our bodies that impacts the amount we sweat - it's what we put in them, too. Diet and hydration are essential when it comes to managing perspiration and ensuring you don't smell.

Here are five ways you can improve your diet to better manage sweating:

1. Stay hydrated - water helps your body regulate its temperature and reduce sweating.
2. Eat fruit and veggies - a greener diet helps flush out odor-causing toxins.
3. Avoid sweat-inducing spicy foods - stay away from hot foods that trigger the sweat response.
4. Avoid caffeine and alcohol - both increase perspiration.
5. Avoid strong-smelling foods - for example garlic and onion can seep into sweat and make it smell worse.

6. SEEK SHADE AND WORK WITH THE WEATHER

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No matter how hard you try, you can't beat the weather. When temperatures rise, you need to play it smart to avoid profuse sweating and unpleasant body odor.

Here is what you should do:

1. Seek shade - avoiding direct sunlight will keep you so much cooler and limit sweating.
2. Take it easy during peak heat - plan your day so you can slow down around midday, when it's hottest.
3. Exercise early or late - working out when it's warmest is sweaty and dehydrating, and your body temp will stay high for a while.
4. Hang out by the water - whether it's a river, lake, or the sea, water has a cooling effect and can take the sting out of the heat.
5. Seek shade from trees - shade from trees is a great way to stay cool during those hot days.
6. Keep dark and cool - if you're inside for the day, keep windows closed and curtains drawn until things cool down in the evening.

7. NAIL DOWN A DAILY HYGIENE ROUTINE

Many of us who sweat a lot and sometimes worry about body odor will have tried all types of hygiene products, tips, and tricks in search of a solution.

However, it's implementing a regular routine that makes the most significant difference. Try following this five-step routine every day for a week, and you're sure to feel an improvement.

1. **Shower daily** - use antibacterial or mild soap.
2. **Dry thoroughly** - bacteria thrive in moist environments, so towel-dry well.
3. **Apply anti-perspirant twice a day** - choose anti-perspirant over deodorant and reapply halfway through the day.
4. **Use water to cool down** - wash your face and neck, or rinse your wrists and hands for a quick and effective cooldown.

8. USE ANTI-ODOR PRODUCTS

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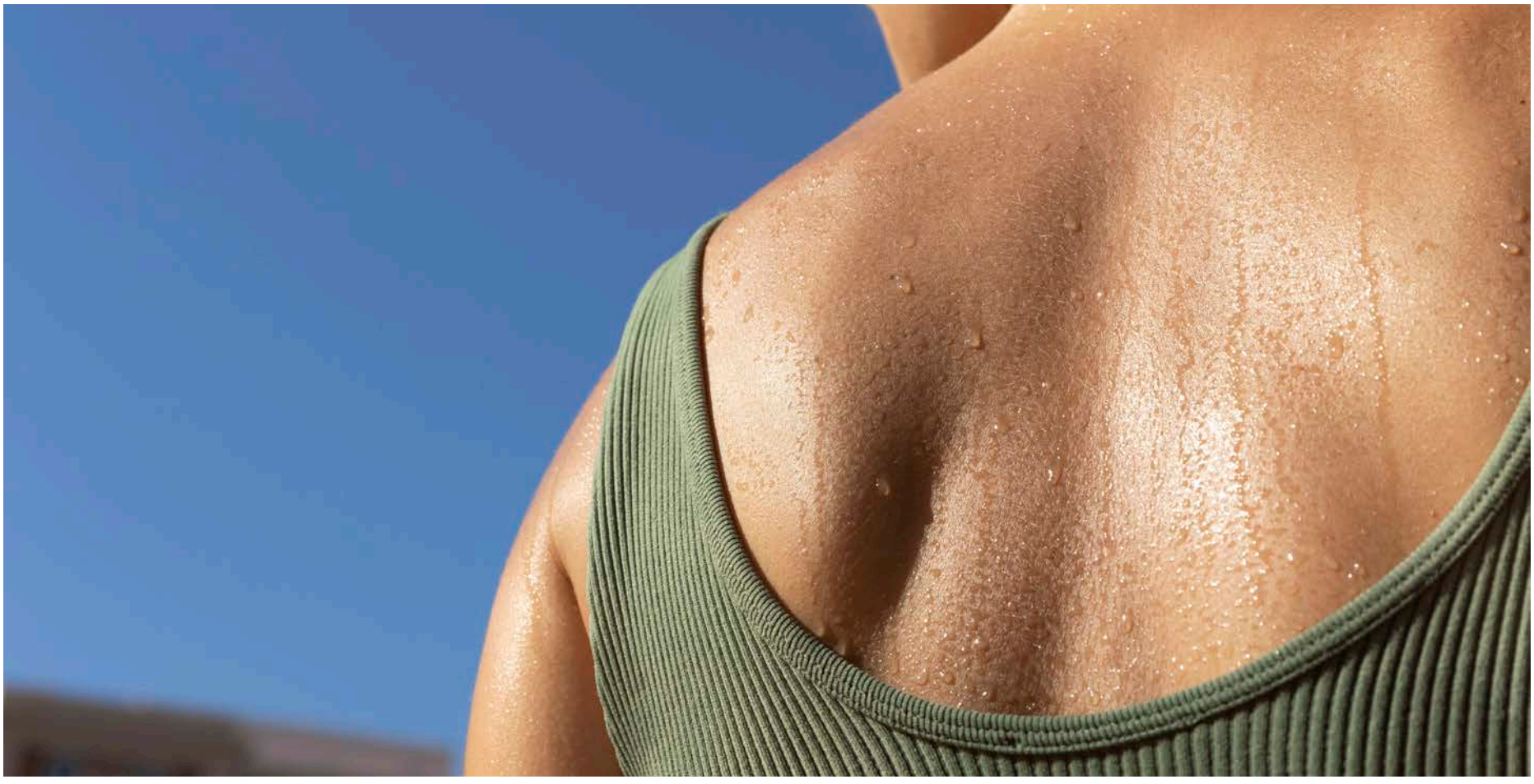


If sweat and odor are concentrated in a particular area, such as your feet or armpits, consider one of these excellent anti-odor technologies.

Here is what you can try:

1. Storm x Polygiene OdorCrunch Spray - Using Polygiene's tried and tested OdorCrunch solution, this spray bottle crunches odorous molecules, leaving footwear, clothing, helmets, and surfaces odor-free.
2. Dr. Scholl's Insoles - Dr. Scholl's insoles feature Polygiene OdorCrunch technology, so your shoes stay fresher for longer, and you don't have to worry about smelly feet.
3. Boots Odor Control Foot Powder - Boots foot powder absorbs moisture and provides all-day protection to help keep feet dry, fresh, and odor-free.

9. PUTTING TOGETHER YOUR SCENTLESS WARDROBE

To help you get started with your scentless wardrobe, we've put together a few outstanding Polygiene-treated products that help keep unpleasant smells at bay. As you can see, you could dress entirely in Polygiene-treated products if you wanted to!

- AR Active T-Shirt - treated with Polygiene® StayFresh
- UP Organic Odourless Cotton Hoodie - treated with Polygiene® OdorCrunch
- Eclipse Hooded Jacket - treated with Polygiene® StayFresh
- Keela Trail Pro Trousers - treated with Polygiene® StayFresh
- SIDAS Trail Running Socks - treated with Polygiene® StayFresh
- Dr. Scholl's Shoe Insoles - treated with Polygiene® OdorCrunch

10. POLYGIENE FRESHNESS TECHNOLOGIES

While there are a sizable number of solutions in the Polygiene product portfolio, we want to highlight three core solutions you should keep an eye out for. All of the Polygiene technologies below are easily integrated into manufacturing processes and are designed to last for a significant period. All our benefits can be combined.

Polygiene® StayFresh

A long-lasting odor-control technology that prevents the growth of odor-causing bacteria and keeps your textiles fresher for longer, so you can wear more and wash less. As well as helping reduce unpleasant odors, the solution extends products' expected lifespans and reduces their overall environmental impact.

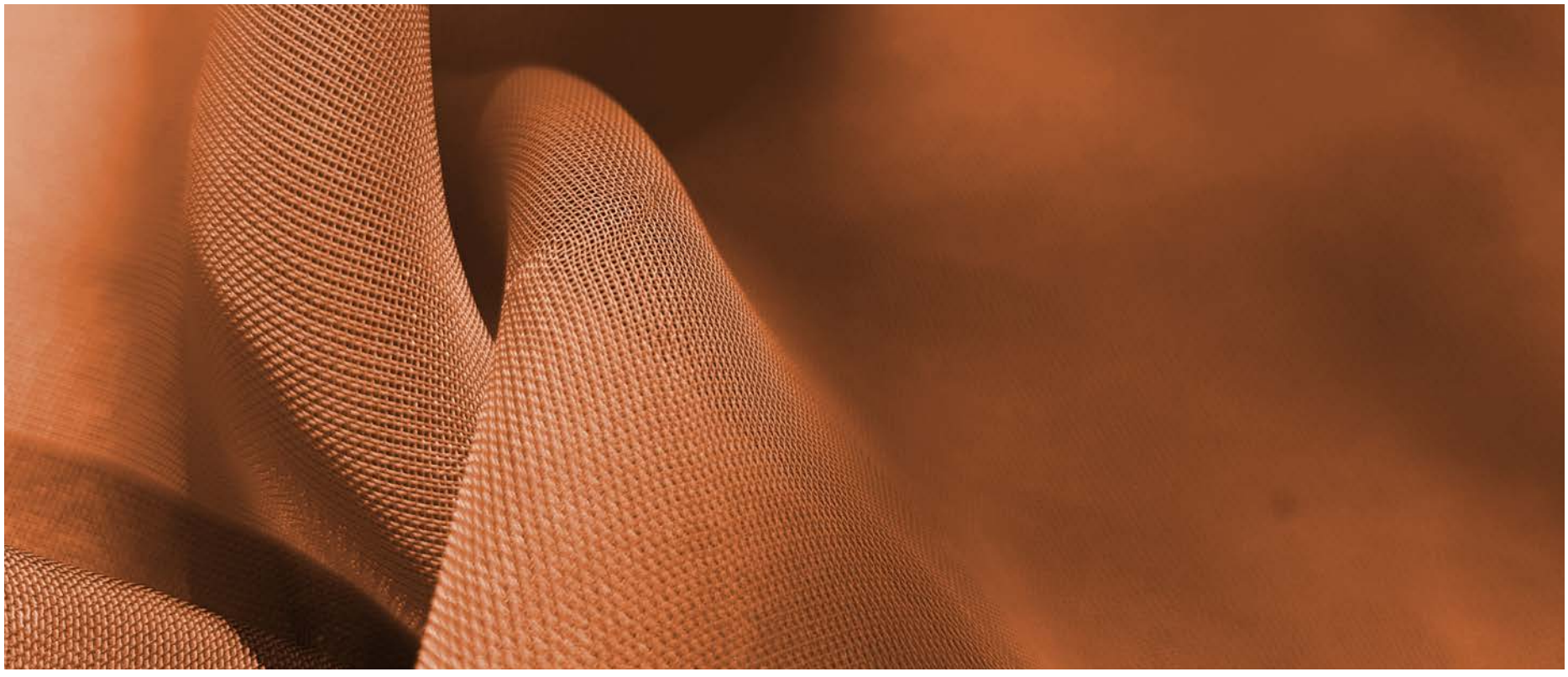
Polygiene® OdorCrunch

A sand-based technology that captures smelly molecules and "crunches" them. Ideal for tackling environmental smells like cooking, smoke, and body odors, it can be used in combination with StayFresh to provide comprehensive protection.

POLYGIENE SMART TECHNOLOGIES

Polygiene® StayCool

A cooling technology that enhances treated textiles' cooling capabilities, Polygiene® StayCool activates upon contact with sweat, cooling the fabric between 2 – 3˚C (4.3 – 5.4˚F). This gives you a long-lasting cooling effect that keeps you feeling light, dry, and comfortable throughout the day.



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Why do we exist? When we talk about our technologies, we describe how we're redefining freshness and reimagining product protection. Those things in themselves have an incredible effect on people's lives – a world that smells better, that's more hygienic, and that's protected from counterfeiting and tampering.

But our mission goes above and beyond the immediate impact of our technologies: to embrace a journey toward more Mindful Living. At Polygiene, we're uniquely placed to help to drive meaningful change in our world, to ensure products last as long as they possibly can before they need to be replaced and ultimately to help businesses and consumers make the change from consumables to durables.

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