



Real Products for Real Farm Girls that Really Work

Ladies, you know when you have a problem crop up and you turn to your girlfriends for suggestions on which products to use to make it better? This is going to be that list.

Fellow farming females, we're going to get real practical up in here about all things sweat and how to manage it for our comfort and ease. I write this from a place of personal experience, and some of these products have simply saved me, so I feel obligated to pass them on.

While my grandmother used to say "ladies, don't sweat, they glow", we know that hard working farm women do sweat, and with that comes all sort of uncomfortable symptoms – wetness, odor, chaffage, heat rash, etc.

After many years of trial and error, here's the products I swear by to make hard work more comfortable.

Mega Babe Thigh Rescue Anti-Friction Stick – \$14.

This works everywhere! Stop chaffing and heat rash. You can apply once and it lasts all day! I have the regular sized one on my dresser and the mini one in my purse.

Mega Babe Toe Deo – \$14.

Love those cowgirl boots, garden clogs, and cute work flats, but hate smelly feet? This has you covered! Spray on feet before sliding into your shoes.

Lume Deodorant – \$14.99.

Outrageously Effective Whole Body Deodorant For Pits, Privates & Beyond. Aluminum free, baking soda free, and skin safe! I don't know how this works, but there's science behind it that basically makes it magical. It has a slight smell when you first put it on, but that fades in a minute or two, and then you magically don't all day, no matter how much you sweat!

Want a light easy look for your makeup that pulls double duty?

I've got you covered. My makeup routine is super simple and only requires two products. Yep, just two.

First, I put on **DRMTLGY Universal Tinted Moisturizer SPF 46 (\$28)**,

I can wear this and roll out to the farm, the office, or the pool, and I'm good to go. It moisturizes and provides sheer color coverage that protects against UVA, UVB, infrared radiation, and blue light protection, it's lightweight, oil-free, and works for all skin tones as it adjusts to your natural color.

Next, I put on **Winky Lux PH Lip Balm (\$17)**.

It's a lightweight, non-sticky lip balm that moisturizes and provides a light pinkish color that adjusts to your PH to look the best with your skin tone. I get so many compliments on this basic lip balm! I love it because you can't mess up putting it in, it blends super easy, and when you eat it just fades slightly all over, but doesn't just disappear and leave that weird color line around the outside of your lips.

Don't forget to take care of the inside, as well as the outside! Despite most folks in my generation having the reputation for being really good at hydrating, I never have been. I finally convinced myself to go in search of the perfect water bottle I would remember to fill up and take along (and no, I can't get myself to join the Stanley train and pay \$40 for one). I found one that can work for water, iced coffee, or breakfast shakes, and I have now become one of those [#emotionalsupportwaterbottle](#) people! I bought two of the **Hazelnut Studded Hydroshkr 24oz (\$24)**.

It comes with multiple tops and multiple straws, and I love the feel of the outside of the bottle. Sometimes when stressing during meetings I find myself holding it, and running my fingers down the side, basically using it as a tactile fidget tool. Weird? Maybe?

But whatever works!

I hope this helps some of you stay more comfortable as we work hard to build our farms, families, and dreams.