

Hey Twist girls!
For your eyes only...



STAR TIPS

- ✿ Keep a mini-deodorant in your purse, like AJ.
- ✿ Test different brands and pick your fave, Aly says.

Aly & AJ's DEODORANT DILEMMA!

Sweating! White marks! The girls tell *Twist* how they deal.

A few years ago, then 13-year-old AJ was freaking out. She thought it might be time to use deodorant, but she was nervous. "I was like, 'Does that mean I smell bad now that I have to use deodorant?'" It was a hygiene meltdown!" AJ, now 16, reveals to *Twist*. "But then my mom gave me a basket of feminine products, and it was really sweet. She told me that's what it's like to become a woman." Aly, now 18, had gotten the same

I thought, 'Do I smell bad?' It was a hygiene meltdown!

basket from their mom a few years earlier. "I started using deodorant at 12," she says. "I think I wanted to start because I thought it was cool!" But there are so many deodorants to use — which do the girls like? "I use the JASON Natural Lavender Deodorant Stick," Aly says. "And I use Secret Powder Fresh," says AJ. "I like light scents, and I try not to overapply. I keep it in my purse in case of emergency!" ✿

“Is this normal?”

Aly & AJ answer your sweat Q's!



Q.

“Sometimes after I put on deodorant and then my top, I notice white marks all down my shirt! They are so annoying! How can I get them off when it happens?” — *Catie, 12*

A.

“That’s the worst! It’s so hard to avoid. I think if you remember to put your shirt on first and then put on deodorant it works better cause you’re not rolling your shirt down over it. If it does happen just take a damp washcloth or a paper towel — not too wet — and lightly just rub it off.” — *AJ*

“Put your shirt on first, then deodorant!”
— *AJ*



“Keep deodorant in your bag!”
— *Aly*

Q.

“I just began using deodorant, so sometimes I forget to put it on in the morning. Then I don’t remember until I get to school, and I start freaking out! What can I do?” — *Amy, 13*

A.

“Sometimes we get busy in the morning and forget, too! AJ always has one in her purse, a little mini one. And I’m like, ‘AJ I need to use it! It’s an emergency.’ So you can ask your friends if they have any with them — you can just shave the top off so it’s still sanitary. Or just go to the bathroom and wipe down if you’re sweaty!” — *Aly*



“Towel off after gym class!”
— *AJ*

Q.

“Ugh, I hate gym class! Now I hate it even more that I’ve started sweating. How can I stay fresh after running around all period long?” — *Bella, 14*

A.

“I know, it’s like you don’t have time to take a shower! But when you’re changing in the locker room you can bring a towel to dry off a little bit. You can also bring deodorant to keep in your locker, along with perfume. Body mist is always good too to just refresh yourself. But it’s like after we do a show — it’s good if you sweat a little bit because you got a workout!” — *AJ*

Aly & AJ’s fave deodorants!

Wanna smell super-sweet like Aly & AJ? Use these!

Doesn't rub off!



One of Aly’s fave brands is **Dove**. It stays on skin best and doesn’t rub off on clothes.

Dove Ultimate Clear, drugstores, \$4

Best scent!



AJ wears **Secret** cause it has one of the freshest, lightest scents around!

Secret Powder Fresh, drugstores, \$2.30

Keeps you dry!



Aly wears **JASON** cause it’s totally organic and keeps her the driest.

JASON Natural Lavender Deodorant Stick, jason_natural.com, \$6