

§ Before You Buy

Step 1: Tag Check

- ☐ For Daily Wear & Sensitive Skin: Is it 100% Cotton or a cotton-rich blend?
(Soft, breathable, gentle on inflammation)
- ☐ For Tropical Heat & Humid Days: Is it Linen or a Linen-Cotton blend?
(Maximum airflow, cools quickly, lets heat escape)
- ☐ For High-Sweat Workouts: Is it Moisture-Wicking / Performance Polyester?
(Engineered to draw sweat away from skin during sports)
- ☐ Red Flag Check: Is it standard, non-performance synthetic for a full day outdoors?
(Traps heat, sweat, and bacteria, increasing risk of acne and chafing)

Step 2: Feel & Fit Test

- ☐ Touch & Texture: Does the inner lining feel scratchy against your inner arms or torso?
(Avoid rough weaves if you have eczema or allergies.)
- ☐ Air Circulation: Is the garment cut loosely enough to allow air to circulate, or will it lock in humidity against your skin?
- ☐ Friction Zones: Are seams, thick tags, or tight elastic bands resting over sensitive skin folds?
(Tight synthetics trigger friction chafing and folliculitis)

Step 3: Post-Purchase Care

- ☐ Pre-Wash Rule: Always wash new garments before wearing them for the first time.
(Removes residual manufacturing dyes and chemical finishes)
- ☐ Detergent Choice: Opt for fragrance-free or hypoallergenic laundry detergent.
(Prevents chemical irritants from staying in the fibers)
- ☐ The Sweat Swap: Change out of damp or sweaty workout clothing as soon as you finish exercising.
(Prevents trapped moisture from feeding skin bacteria)