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Some people don't have body odor, even without deodorant. Here's why — and what we can learn from them.

What to know about the ABCC11 gene variation — and other factors that affect how your body smells.

Kaitlin Reilly October 27, 2024



Content creator Alexis DiMaya made a bold claim in a [TikTok post](#) this past August: “I never wear deodorant, and I don’t stink,” she told her more than 500,000 followers.

First, why do we smell?

Then there are [apocrine glands](#), which have the potential to produce a more foul odor, dermatologist [Dr. Connie Yang](#) of [PFRANKMD by Dr. Paul Jarrod Frank](#) tells Yahoo Life. “Apocrine glands are located in hair-bearing areas like the underarms, groin and scalp and secrete a thicker sweat,” she says.

As with eccrine gland sweat, this sweat doesn’t smell immediately after it’s secreted. But when it comes into contact with bacteria on the skin, the proteins and fatty acids get broken down, “leading to that all too familiar body odor,” [Yang](#) says.

[Yang](#) explains that when we’re stressed or anxious, we sweat through our apocrine glands, which means we may be more likely to smell during high-pressure times than, say, if we were sweating during a sunny day at the beach.