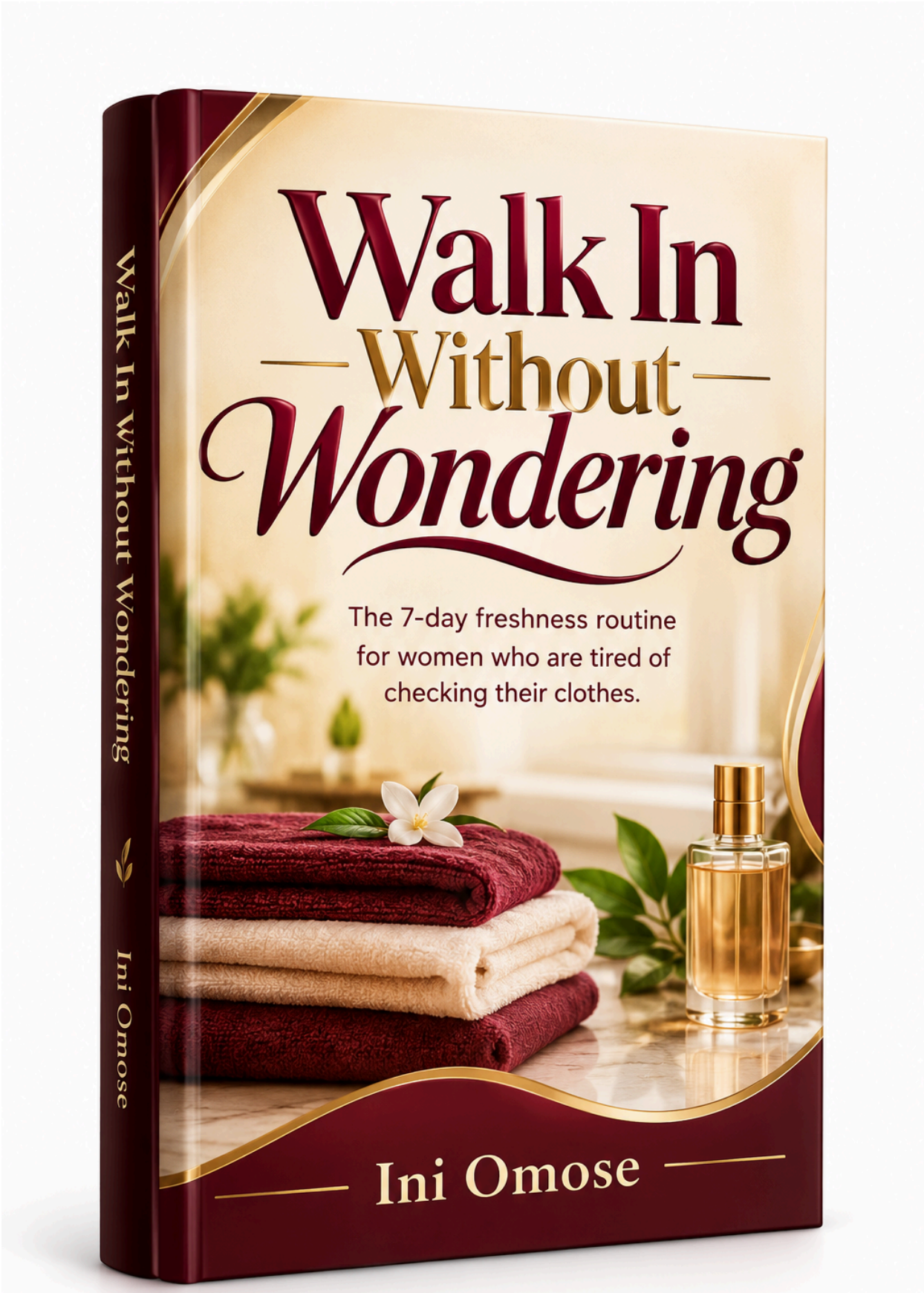
Walk In Without Wondering
The 7-day freshness routine for women who are tired of checking their clothes.
Ini Omose
Walk In Without Wondering
Ini Omose

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Introduction
Okay, Let's Talk About the Thing Nobody Talks About

I had a date once. A real one, in a restaurant in Ikeja, with a man I liked.

My outfit had been planned well in advance, my hair was neatly styled, and I stepped out feeling remarkably confident or so I believed.

And then he leaned in to embrace me.

It was only a second. But in that second, his face changed. He scrunched it up, just slightly, the way you do when something doesn't smell right. Then he fixed it quickly and smiled.

He was being polite. He didn't want me to feel embarrassed. And honestly, that made it worse.

Because I saw it. I saw all of it. And he saw that I saw it, and we both pretended nothing happened.

I got home that night and I cried myself to sleep. Not nice, quiet tears. The ugly kind, where your pillow gets wet and your head hurts the next day.

But somewhere in that crying, I made a decision. I was not going to spend my life guessing. I was not going to keep wondering what people were thinking when they stood too close to me. I was going to find a solution.

This guide is what I found.

I'm not a doctor. I'm a working woman, like you. I've done the commute, the long days, and the Sunday cooking. I know what it feels like to sniff your own sleeve in the office toilet and still not be sure.

So here's my promise to you. I won't talk to you like a textbook. I won't shame you. I'll talk to you like an older sister who has been exactly where you are and is now sitting beside you saying, "Come, let me show you what helped me."

Inside, you'll find a simple system I call **The Night-Reset Method**. It isn't about buying ten new products or bathing until your skin cries for help. It's about a few small habits, done at the right time, in the right order.

And by the end, my hope is simple: that you will walk into a room, any room, and not wonder.

Let's begin.

Chapter 1
The Monday Morning Worry (And Why You're Not Alone)

You're in the office toilet. The door is locked.

You've told yourself you came to wash your hands. But you're really lifting your arm, turning your face, and quietly sniffing your sleeve.

Nothing. Or maybe something? You're not sure.

You smell your other sleeve. You check your collar. You lean in closer to the mirror like it will give you a straight answer.

Then someone walks in, and you pretend to fix your hair.

Does this sound familiar?

The Little Check That Eats Your Whole Day

Let me ask you something. How many times a day do you do this?

Once at the bus stop. Once when you sit at your desk. Once when your colleague leans over to look at your screen. Once more before lunch, and again before you go home.

Each check takes maybe ten seconds. That doesn't sound like much. But the worry behind it is running all day long, like a phone app you forgot to close, quietly eating your battery.

You stop listening properly in meetings because part of your mind is somewhere else. You sit a little far from people. You cross your arms tight. You skip the hug at the birthday party and make it look like you were just busy.

That worry is stealing something from you. It's your attention, your ease, and the simple joy of just being in a room.

How Sunday's Egusi Ends Up in Monday's Meeting

Now let me tell you about the sneaky one.

You cook on Sunday. Maybe egusi, maybe ogbono, maybe fried fish or pepper soup. It's delicious. Your whole flat smells like home.

You eat. You relax. You wash up and go to bed.

Then Monday morning comes. You're in a hurry, so you grab the first top you see. And somewhere between the bus and the office, you catch a faint whiff of last night's kitchen.

Is it on your clothes? In your hair? Both?

Nobody warned you that food smells love to hide. They sink into fabric. They settle into your hair and scalp. They wait quietly, and then they come out when you're warm and sitting close to people.

If you've ever lived abroad, you know it's even harder. You're in a lecture hall or an open-plan office, and you're the only person who cooked jollof or stew the night before. Suddenly, the thing you love becomes the thing you fear.

I'm not telling you to stop cooking your food. Please. Never. I'm telling you there's a smarter way to do it, and we'll get there together in Chapter 5.

The Silent Shame

Here's what makes this problem so heavy. You can't ask anyone about it.

You can't ask your mother. She'd either be shocked or start giving you a long speech about hygiene.

You can't ask your friends. What if they say yes? What if they say, "Well, now that you mention it..."? And what if they've been quietly thinking about it all along?

You definitely can't ask a man you're dating. Not unless you want to disappear into the ground.

So what do you do? You carry it alone.

You search online at night. You buy another perfume. You try a new soap. You rub on something a stranger on TikTok recommended. And every time, you hope this will be the one that finally lets you relax.

I know, because I did all of it. And I remember what it felt like to want an honest answer but be too ashamed to ask the question.

That's the thing about the polite face I told you about earlier. Most people won't tell you. They'll be kind and quiet, like he was, and you'll be left guessing. It's a lonely place to live.

You Are Not the Only One

Now, listen carefully, because this part matters.

Sweat is human. Smells are human. Your body works hard, especially in a hot city with long commutes, crowded buses, and heavy days. Everyone's body does this. Everyone.

The difference is that some people have a routine that works with their body, and some of us were never taught one. Nobody sat us down at fifteen and said, "Here's how to stay fresh from morning to night." We just picked things up from advertisements and guesswork.

So if you're worried about this, it doesn't mean you're dirty. It doesn't mean you're less of a woman. It means you've been missing a system.

And a system is something we can fix.

One Small Thing to Try This Week

Before we go any further, I want you to do something small. It will take two minutes, and you don't need to buy anything.

Take out your phone's notes, or a piece of paper. Write down the moments when the worry hits hardest. Maybe it's on the bus. Maybe it's after cooking. Maybe it's before you meet someone you like.

Don't judge yourself. Just notice. You can't fix what you haven't named, and by the end of this book, you'll be glad you did this.

So if you take nothing else from this chapter, remember this: **the worry is real, but it is not a verdict on who you are**. It's a problem with a solution, and you're already on your way to it.

Now, you might be wondering why all the things you've already tried haven't worked. The perfume, the strong soaps, the three baths a day. I have to tell you something about those, and you might not like it. But it's the reason everything changes from here.

Chapter 2
Why Perfume, Soap, and Three Baths a Day Keep Failing You

I want to tell you about the most expensive mistake I ever made, and it wasn't a bad man or a bad business idea. It was a bottle of perfume.

I bought it because someone said it "lasts all day." I sprayed it on my neck, my wrists, my clothes, and even a little on my hair, like I was marking my territory.

By midday, I smelled like perfume and the bus. Two smells, fighting each other. Somehow, it was worse than before.

If you've been there, welcome. Let's take apart every fix you've tried, one by one, and I'll show you why none of them stood a chance.

Myth One: More Perfume Will Cover It

Perfume is a cover-up, not a solution. It sits on top of the problem, and when sweat arrives, the two mix.

Think of it like pouring zobo on a stained white shirt. You haven't removed the stain. You've just added a new colour to it.

And here's the part that stings: the stronger the perfume, the more people notice when something is **under** it. A strong scent says, "I'm hiding something," even if you aren't.

So the next time you reach for a heavier perfume to feel safer, pause. A lighter scent on clean, dry skin and fresh clothes will always do more for you than a heavy scent on top of worry.

Myth Two: I'll Just Change My Deodorant Again

How many deodorants are sitting in your bathroom right now? Be honest.

I had six at one point. Roll-on, spray, stick, one a friend swore by, one I bought because the advert looked nice. I would use one for two weeks, decide it "stopped working," and switch.

Here's what I eventually understood. Most of the time, the product wasn't the problem. How and when I used it was.

I was applying it in the morning, in a rush, onto skin that was still slightly damp, right before stepping into heat. No product on earth can do its best job in those conditions.

So before you blame your deodorant, ask yourself if you've actually given it a fair chance. We'll fix the timing in the next chapter, and honestly, it's simpler than you think.

Myth Three: Bathing Three Times a Day Will Keep Me Clean

This one is a quiet trap, because it feels so responsible.

You bathe in the morning, again after work, and again before bed. You scrub hard. You use a strong soap because strong must mean better, right?

But your skin is not a pot. Scrubbing it harder and harder can leave it dry, tight, and irritated. And irritated skin is not happy skin. It can feel sore, itch, and even look darker or rougher over time.

Clean does not mean harsh. Your underarms and body do best with gentle, regular washing, followed by proper drying. A mild soap, a clean towel, and a few extra seconds to dry fully will do more than another scrubbing session.

If your skin already feels sore or looks irritated, be gentle with it and mention it to a pharmacist or doctor. That's not a failure. That's looking after yourself.

Myth Four: That TikTok Hack Will Fix Everything

I'm not against a good tip. Some are helpful. But here's what I noticed after trying many of them.

A hack is usually one trick for one person in one situation. It doesn't know your skin, your schedule, your weather, or your wardrobe. What works for a woman in an air-conditioned flat might fail completely for a woman who spends an hour in a packed danfo.

I would try something for two days, see no miracle, and drop it. Then I'd find another. I was collecting tips like beads but never threading them into a necklace.

That's the real issue. I didn't need more tricks. I needed a **system**, with one habit leading into the next, repeated until it became automatic.

The Real Reason Nothing Worked

So why have all these fixes failed? Not because you're careless. Not because you're not trying.

It's because every one of them was a single move. A spray here. A scrub there. A new product when the last one disappointed you.

But what keeps you fresh through a long Lagos day, or a cold day in a crowded office abroad, is a sequence. The right habit, at the right time, in the right order, working together.That's the difference between hoping and having a routine you can trust.

The Big Promise

Here's what I'm going to show you in the rest of this book.

In seven days, you can build a routine that takes the guessing away. Not a cure. Not magic. A practical rhythm for your evenings, your clothes, your cooking days, and your handbag, so you can stop checking your sleeve and start paying attention to your life.

I use something I call **The Night-Reset Method**, and it rests on three simple pillars:

1. **The Night.** What you do in the evening sets up your whole next day.
2. **The Fabric**. What you wear can help you or work against you.
3. **The Kitchen**. How you cook and care for your hair and clothes afterwards.

That's it. No ten-step routines. No expensive gadgets. Three pillars, done well.

Does it work for everyone in exactly the same way? Of course not. Bodies are different. But it gave me my confidence back, and I've seen it help many women who felt exactly like I did.

Remember this: you didn't fail the products. The products were never a system. And a system is exactly what we're about to build.

And it starts tonight. Not tomorrow, not Monday, tonight. In the next chapter, I'll walk you through a thirty-minute routine you can do before you sleep. It's the first piece of the method, and it's the one that made me feel the difference fastest.

Chapter 3
Reset the Night (The 30-Minute Quick Win)

Nobody tells you that your morning confidence is built the night before.

I used to do everything in a rush at 6:30am. Shower, deodorant, dress, run for the bus. I thought that was normal. It was only when I flipped the order that I felt the difference.

Tonight, we flip it for you too.

Why Night Beats Morning

Here's the simple idea. Most antiperspirants work by helping to reduce sweat, and they do that best when your skin is clean, completely dry, and calm. That's why many pharmacists and skin doctors suggest applying at night.

Think about it. At night, your body is resting and you're not sweating much. Your skin is cool. Nothing is rushing you.

In the morning it's the opposite. You've just showered, so your skin may still be damp. You're warm and moving fast. You're about to step into heat or a crowded bus.

It's like trying to paint a wall while someone is still pouring water on it. The paint will not hold.

Does it work the same for everyone? No. Some people do well with morning application too, and everybody's skin is different. But for many women, switching to night is the small change that makes the biggest difference.

The Evening Reset, Step by Step

Right. This is the one hands-on chapter in the book, so let's do it properly. It takes about thirty minutes, and most of that is just waiting.

1. **Wash gently.** Use a mild soap on your underarms and body. No scrubbing like you're washing a pot. Just a gentle, thorough wash.
2. **Rinse well.** Leftover soap can leave your skin itchy.
3. **Dry completely.** Use a clean towel and pat the area, then give it a few extra minutes in the air. Dry skin, not "almost dry" skin. This is the step most people skip.
4. **Apply your antiperspirant.** A thin layer on clean, dry skin is enough. More is not better. Let it dry before you put anything on.
5. **Choose a breathable night top**. Cotton is a good choice. Avoid tight, synthetic nightwear that traps heat.

6. **Set out tomorrow's outfit.** Pick one breathable top and have it ready. We'll talk about fabric in the next chapter, but for now, just choose something that isn't tight or clingy.

That's it. Six steps. If you do this tonight, you've done the first piece of the method.

A Few Honest Notes

If your skin stings, itches, or gets red after applying antiperspirant, stop using that product and speak to a pharmacist. Some skin is sensitive, and that's okay. There are gentler options.

Also, an antiperspirant is not the same as a deodorant. An antiperspirant works on sweat. A deodorant works on smell. Check the label so you know what you're holding.

And please don't apply anything to broken, shaved-that-day, or irritated skin. Give your skin a day to calm down first.

What You Might Notice

I'm not going to promise you a miracle by morning. Bodies are different, and I'm not a doctor.

But many women find that after a few nights, they stop feeling that damp, worried feeling by midday. For me, it was one of the first times I got through a workday without that urge to check.

That's the Quick Win. It costs almost nothing and takes half an hour. And you'll sleep better knowing tomorrow is already sorted.

So if you take nothing else from this chapter, remember this: the night is your secret advantage. Prepare it, and the morning takes care of itself.

But here's the thing. Even the best night routine can be undone by one wrong choice, and it's hanging in your wardrobe right now. Some of the clothes you love most may be quietly working against you. Let me show you which ones.

Chapter 4
Rethink the Fabric (Your Clothes Are Part of the Story)

There's a blouse in my wardrobe I used to love. Silky, a lovely colour, and it made me feel expensive.

I also used to dread wearing it.

Every time I put it on, I'd feel fine for an hour. Then the heat would build, the fabric would cling, and I'd start to feel that old worry rising. It took me a long time to connect the dots: the problem wasn't always me. Sometimes, it was what I was wearing.

Let's open your wardrobe and have an honest look.

Why Some Fabrics Hold On to Smell

Fabrics aren't all equal. Some let air move through and dry quickly. Others trap heat and moisture against your skin, and that's where trouble starts.

Synthetic fabrics like polyester, nylon, and some satin-type materials tend to hold on to odours more than natural ones. They don't breathe well. Sweat sits on them, and once it settles in, it can be stubborn to wash out.

Natural fabrics like cotton and linen usually let your skin breathe. They absorb moisture and dry faster, so they're often kinder in the heat.

I'm not saying throw out every polyester top you own. Please don't. I'm saying learn which ones to keep for the air-conditioned dinner and which ones to avoid for a packed bus ride.

Dressing for Danfo Heat and Lagos Humidity

Picture it. Seven in the morning, a full danfo, no air, and you're squeezed in like sardines in a tin.

This is not the day for your tight satin blouse or that thick bodycon dress. It's a cotton day. A loose, breathable top. Something with room for air to move.

A few simple choices help:

1. Pick cotton or linen for commute days. Even a plain cotton top beats a fancy synthetic one in a hot bus.
2. Choose looser cuts. Tight clothes press against your skin and trap warmth.
3. Go lighter in colour on the hottest days. Dark, heavy fabrics hold heat.
4. Carry the fancy outfit separately. If you have a meeting or date later, change at work. Your good clothes shouldn't suffer the bus

If You're Abroad: Layers Can Work For You or Against You

Cold-weather countries bring a different problem. Outside, it's freezing. Inside, the heating is on full blast. You walk into the office wrapped in a coat, a jumper, and a scarf, and within ten minutes you're overheating.

The fix is layering the right way:

1. Start with a breathable base layer. Cotton or a good moisture-wicking fabric next to your skin.
2. Add layers you can remove easily. A cardigan you can take off beats a thick jumper you're stuck in.
3. Take your coat off as soon as you arrive. Don't let yourself slowly cook at your desk.
4. Be careful with heavy synthetic knits next to the skin. They trap heat fast.

Many African women abroad tell me this was the hidden cause of their worry. The weather was cold, but the building was hot, and the clothes were wrong for it.

The Laundry Reset for Clothes That Still Smell After Washing

Now let me talk about the clothes that frustrate you the most. The ones that you wash, dry, and still catch a faint whiff from after a few hours of wear.

Here's what often happens. Smell and sweat build up in the fibres over time, and a normal wash doesn't fully remove it, especially if the clothes were left damp in a basket or dried slowly.

Try this reset on one stubborn item first:

1. Don't leave worn clothes sitting damp. Hang them to air out, or wash them soon, rather than bundling them in a closed bag.
2. Soak before washing. Soak the item in cool or lukewarm water with your normal detergent for about thirty minutes. Check the care label first for what the fabric can take.
3. Wash properly, without overloading. A crowded machine or bucket doesn't clean well. Give your clothes room.
4. Rinse thoroughly. Leftover detergent can trap odours and irritate skin.
5. Dry fully, ideally in sunlight or fresh air. Damp clothes are the enemy. Make sure everything is completely dry before it goes back in the wardrobe.

Always check the care label. Some fabrics can't take soaking or heat, and you don't want to ruin a good piece trying to fix it.

If an item still smells after a couple of tries, it may be time to retire it from your most important days.

The Five-Minute Morning Check

Before you leave the house, do this quick check. It replaces the hourly sniffing with one calm moment.

1. Is the outfit fully dry and freshly washed, or aired out?
2. Is it breathable enough for today's weather and journey?
3. Is it loose enough that air can move?
4. Do you have a backup top in your bag if you're out all day?
5. Is your hair covered or fresh, and your skin dry and calm?

If the answer is yes, you're done. Walk out. No more checking.

I started doing this and it changed how my mornings felt. Instead of leaving the house anxious, I left it prepared. There's a real difference between the two.

So if you take nothing else from this chapter, remember this: your clothes are part of your routine, not separate from it. Choose them with the same care you give your skin.

Now, one more place needs our attention, and it's the one that makes most Nigerian women quietly nervous. The kitchen. I'm going to show you how to keep cooking the food you love without carrying it into your next day. And yes, we're talking about your hair too.

Chapter 5
Reclaim the Kitchen (Cook Your Egusi, Keep Your Confidence)

My grandmother's kitchen always smelled like love. Crayfish, palm oil, onions, and pepper, all rising together.

I grew up inside that smell, and I never once thought of it as a problem. It was only years later, working in an office, that I caught a whiff of it on my own hair and felt my stomach drop.

That's the strange part. The food you adore is the same food that can follow you to work. But you don't have to choose between the two. You can keep cooking what you love and still walk out the next day feeling fresh.

The Cooking-Day Protocol

Think of cooking day as a small project with a start, a middle, and an end. When you plan for it, the smell has far less to cling to.

Here's the routine:

1. Change before you cook. Put on an old top or an apron that you don't mind washing. Never cook in the outfit you plan to wear tomorrow.
2. Cover your hair. A scarf, bonnet, or head tie keeps steam and oil fumes from settling into your hair and scalp.
3. Open the windows. Crack them open before you start and keep them open while you cook. If you have an extractor fan, switch it on.
4. Close doors to your bedroom and wardrobe. Smoke and steam travel. Keep them away from your clothes.
5. Cook, eat, and enjoy.This is your food. Enjoy it.
6. Change out of your cooking clothes straight after. Don't relax in them for the evening. Put them in the wash or hang them somewhere airy, away from your wardrobe.
7. Wash your face, neck, and hands, and take a proper bath. Steam and fumes cling to skin too, so don't skip this.
8. Air the kitchen. Leave the windows open a while after you finish, and wash up soon so food smell doesn't linger in the flat.

This takes a little planning, but it quickly becomes automatic. After a few weeks, you'll do it without thinking.

Hair and Scalp: Where the Food Smell Hides

Let me tell you something many women only learn the hard way. Your hair is a sponge.

Hair and scalp hold on to smells, especially oily or thick hair, and especially if you're wearing braids, weaves, or a wig. The smell sits quietly until your head warms up on the bus or in a meeting.

A few gentle habits help:

1. Cover your hair while cooking, as I said above. Prevention beats cure.
2. Wash your hair or scalp after a big cooking day if you can, in the way that suits your hair type and style.
3. Keep your scalp clean. A build-up of oil, sweat, and product can hold smell. Cleanse it as often as your hair type allows.
4. If you wear braids or a wig, air them out. Hang your wig somewhere fresh and let braids breathe between wears.
5. Dry your hair completely. Damp hair that stays damp can start to smell on its own.

If your scalp itches, flakes heavily, or has a persistent odour, please speak to a pharmacist or doctor. That could be something simple to treat, and there's no shame in asking.

The Handbag Emergency Kit

Let me introduce you to the thing that finally let me stop panicking: a small pouch in my bag.

It's not about expecting disaster. It's about knowing that if something happens, I'm ready. And that alone calms the mind.

Here's what goes in:

1. A small, travel-sized antiperspirant or deodorant
2. A pack of unscented wet wipes or tissues for a quick freshen-up
3. A spare top, folded small and breathable
4. A small hand towel or soft cloth for patting dry
5. A mini mist or light body spray, used lightly and only on clean skin, never as a cover-up
6. Breath mints or gum
7. A small plastic bag for a damp or worn item
8. A hair scarf or headtie

The spare top is the star. Having it in your bag means one hot, sweaty journey won't ruin your whole day.

The Five-Minute Pre-Date and Pre-Interview Reset

Now, let me take you back to that restaurant in Ikeja.

If I'd had this routine that evening, I'd have walked in calm. Not anxious. Not guessing. Not wondering.

Here's the quick reset I use now before anything important, whether it's a date, an interview, or a big meeting:

1. Find a private spot, like a toilet or a quiet corner.
2. Pat your underarms and neck dry with a tissue or soft cloth.
3. Freshen with a wipe if you need to, then let your skin dry.
4. Reapply a thin layer of antiperspirant or deodorant if you carry one.
5. Change into your spare top if you've had a long, hot journey.
6. Check your hair and scarf.
7. Take three slow breaths. Anxiety makes you feel hotter and more worried, so calm your body down too.
8. Walk in. Shoulders back. Done.

It takes five minutes, and it makes a real difference to how you feel walking through the door.

Now, you have the routine. The night, the fabric, and the kitchen. But I need to be honest with you about something. Some of you reading this have a smell problem. And some of you, like me at one point, have a worry problem that's much bigger than the smell itself. Telling those two apart changed everything for me. That's the next chapter, and it's the most important one in the book.

Chapter 6
Real or Anxiety? (The Honest Chapter)

I want to slow down for a moment. This chapter has no steps and no checklists. Just you and me, talking.

Because I have to tell you something that took me a long time to admit. There were weeks when I was so busy checking myself that I couldn't tell anymore what was real and what was fear.

I would sniff my sleeve and get nothing. Then I'd sniff again and imagine something. Then I'd convince myself everyone else could smell what I couldn't.

Have you ever been there? Where your own nose stops being trustworthy?

When the Worry Gets Louder Than the Problem

Here's something I learned. Worry is a very good liar.

When you're anxious about how you smell, your brain goes on high alert. You notice every little thing. A colleague shifts in her seat, and you think it's you. Someone covers their nose to sneeze, and you think it's you. A man steps back to make room for someone passing, and you think it's you.

Most of the time, it isn't. People are busy with their own lives, their own phones, their own worries.

And here's another thing. Constant checking can actually make you feel worse. The more you sniff, scan and wonder, the more stressed you get. And stress makes you warm and sweaty, which feeds the very fear you're trying to calm.

It's a loop. Worry makes you check, checking makes you worry more, and round and round you go.

Two Different Problems

Let me say this clearly.

There are two things that can be going on. Sometimes both are true at once.

One: there may be a real thing to look after, like sweat, a stubborn fabric, or cooking smells in your hair. That's what the routine in this book is for.

Two: there may be a worry that has grown bigger than the thing itself. The scrunched face, the comment, the one bad day, and now you're replaying it on a loop.

The routine helps with the first. But the second needs something different. It needs patience, and a little kindness toward yourself.

How to Tell Which One You're Dealing With

I'm not a doctor, so I can't diagnose you. But here are some honest questions that helped me, and they might help you too.

Ask yourself:

- Has anyone ever said something **directly** to me, or am I mostly guessing?
- Do I feel the worry even right after a fresh bath and clean clothes?
- Does the worry follow me everywhere, even when I'm alone or with people I trust?
- Am I checking more than a few times a day?
- Has this started to stop me from going out, meeting people, or enjoying things?

If someone has said something directly, or you notice a strong smell yourself that doesn't go away, take it seriously and look after it.

But if the worry follows you even when you're freshly washed and nobody has said a word, it may be that the worry has grown larger than the problem. That's far more common than people think.

A Gentle Way to Stop the Hourly Sniffing

I'm not going to pretend I can switch the worry off for you. But here's what helped me.

I made a deal with myself. I would trust my routine instead of my nose.

If I had done my night reset, worn clean, breathable clothes, and packed my handbag kit, then I had done my part. I gave myself permission to stop checking. If I really needed a freshen-up, I had my wipes and my spare top.

And when the urge to sniff came up, I'd take a slow breath, put my hands down, and tell myself, "I've done what I can. I'm okay."

It felt strange at first. But the urge got a little weaker each week.

When It's Time to Speak to Someone

Now I need to be very clear about this part, because it matters.

If you have a persistent smell that doesn't improve with good hygiene, or one that changes suddenly, please see a doctor or pharmacist. Some things need medical attention. Heavy sweating, for example, can sometimes have a medical cause. So can certain infections, skin conditions, and other health issues. These are common and often very treatable.

Also speak to a professional if the worry feels bigger than you can manage. If you're checking constantly, avoiding people, or feeling low and anxious most days, a doctor or a counsellor can help. That isn't weakness. It's wisdom.

You don't have to give a long speech. You can simply say, "I've been worried about body odour or sweating, and I'd like some advice." Doctors and pharmacists hear this all the time. They won't be shocked, and they won't judge you.

I wish someone had told me earlier that asking for help is part of the solution, not a sign that you've failed.

Be Kind to Yourself

Let me go back to that date one more time.

One man's face, on one night, is not a verdict on you. I know it felt like one. I cried myself to sleep over it. But I've learned that a single moment, even a painful one, is not the whole truth about who you are.

I wasn't disgusting. I wasn't unlovable. I was a woman without a routine, who had a bad moment and decided to do something about it.

And so are you.

You are allowed to take care of yourself without hating yourself. You are allowed to want to feel fresh without believing you were ever "dirty." You can build a routine out of care and not out of shame.

So if you take nothing else from this chapter, remember this: the goal isn't to be perfect. The goal is to trust yourself again.

Now you have everything you need: the night, the fabric, the kitchen, and the honesty. The last piece is pulling it all together into one simple week. Seven days, laid out start to finish, so you know exactly what to do tomorrow morning. That's next, and it's where it all becomes real.

Chapter 7
Your 7 Days, Start to Finish (And How to Make It Last)

Here's the part you've been waiting for. No more explaining. You know the why, so now it's time for the how.

Seven days. One small focus each day, building on the one before. By the end of the week, the guessing will have been replaced by a routine you trust.

You don't need to be perfect. If you miss a step, carry on the next day. This is a rhythm, not an exam.

Before You Start

Spend ten minutes today gathering what you need:

- A mild soap
- An antiperspirant you're happy to use at night
- A clean towel
- A breathable top or two for the week
- A small pouch for your handbag kit
- A scarf or headtie for cooking days
- Your phone notes or a notebook to track the week

That's all. No shopping spree needed.

Your 7-Day Plan

Day 1: The Night Reset
Tonight, do the full evening reset from Chapter 3. Wash gently, dry completely, apply your antiperspirant to clean, dry skin, and set out tomorrow's outfit. That's your only job today.

Day 2: The Wardrobe Check
Open your wardrobe and sort your tops into three piles: breathable and happy to wear, fine for short outings only, and retire for important days. Choose your outfits for the next three days from the first pile. Keep doing your night reset.

Day 3: The Laundry Reset
Pick one stubborn item and give it the full laundry reset from Chapter 4. Make sure everything you wash today dries completely, ideally in fresh air. Night reset tonight.

Day 4: The Handbag Kit
Build your emergency pouch with the items from Chapter 5. Put it in your bag and leave it there. Having it with you is half the benefit. Night reset tonight.

Day 5: The Morning Check
Use the five-minute morning check from Chapter 4 before you leave the house. Notice how it feels to walk out prepared instead of anxious. Night reset tonight.

Day 6: The Cooking-Day Protocol
If you cook this weekend, follow the full routine from Chapter 5: change before cooking, cover your hair, open the windows, change afterwards, and bathe. If you're not cooking, set out your cooking clothes and headtie so you're ready for next time.

Day 7: Review and Reset
Look back at your notes from Chapter 1. How did the week go? When did the worry show up, and how strong was it? Write down what helped most and what you want to keep. Then do your night reset and rest.

Your Daily Checklist
Copy this into your notes and tick it off each day:

Daily Habit	Done?
Night reset completed	☐
Tomorrow's outfit chosen (breathable, dry, fresh)	☐
Five-minute morning check done	☐
Handbag kit in my bag	☐
Resisted the urge to keep sniffing (or noticed it and moved on)	☐

Making It Last

By now you've done the routine for a week. Here's how to keep it going without it feeling like a chore.

- Keep a weekly rhythm. Once a week, pick a day to check your wardrobe, refresh your handbag kit, and do a proper laundry reset on anything that needs it. Fifteen minutes is enough.

- Let the night reset become automatic. Link it to something you already do, like brushing your teeth. After a few weeks, you won't have to think about it.

- Expect off days. Some days will be hotter, busier, or more stressful. That doesn't mean the routine failed. Do what you can, and pick it up again the next evening.

- Keep the kindness. If the old worry creeps back, don't panic. Return to the routine and remind yourself what you've already learned.

And if something doesn't improve, or you notice a persistent change, speak to a pharmacist or doctor. Looking after yourself includes knowing when to ask for help.

So if you take nothing else from this chapter, remember this: a routine you can keep will always beat a perfect plan you can't. Small habits, repeated, are what change things.

You've done the work. You've got the system. There's just one last thing I want to say to you before we finish, and it's about how far you've already come.

Conclusion
Walk In Without Wondering

Think back to the start of this book.

You were in the office toilet, door locked, sniffing your sleeve and hoping for a straight answer. You were carrying a worry that you couldn't share with your mother, your friends, or anyone else.

Now look at what you have. A night routine that sets up your morning. Clothes chosen with care. A plan for cooking day that lets you enjoy your food without carrying it to work. A handbag kit for when the day gets hot. And an honest way to tell the difference between a real problem and a loud worry.
That's a lot. You did that.

Three Habits to Keep for Life
If you forget everything else, keep these three. They are the heart of The Night-Reset Method.

- The Night Reset. Wash gently, dry fully, apply on clean, dry skin, and set out tomorrow's outfit. Your morning confidence is built the night before.
- Smart Fabrics. Choose breathable clothes for hot days and layer sensibly in cold weather. Let your clothes work with you.
- The Cooking-Day Routine. Change, cover your hair, open the windows, and bathe afterwards. Keep your food and keep your confidence.

That's the whole method. Three habits, done well and done often.

A Word From Me to You
I think about that night in Ikeja sometimes. The wet pillow, the ugly crying, the feeling that something was wrong with me.
I wish I could go back and sit beside that girl. I'd tell her that one face on one evening was not the truth about her. I'd tell her she wasn't dirty, and she wasn't broken. She just needed a routine, and some kindness.
You deserve both of those things too.
So here is your first step. Tonight, before you sleep, do the evening reset. Wash gently, dry fully, apply your antiperspirant, and set out tomorrow's outfit. Just that. Tomorrow, you'll walk out of your door a little lighter.
And one day soon, you'll realise something. You'll be in a meeting, or at a dinner, or hugging someone you love, and you won't be thinking about yourself at all. You'll just be there, fully present.
That's what this was always about.
Walk in. Without wondering.
With love,
Ini