

The Best Chub Rub Products (And the Holy Grail!)

By Jen (<http://abbeypost.com/blog/author/jena/>)

Monday, June 9, 2014

3

(<http://abbeypost.com/blog/chub-rub/#comments>)

For Shoppers

(<http://abbeypost.com/blog/category/for-shoppers/>)

bandelettes

(<http://abbeypost.com/blog/tag/bandelettes/>), body glide (<http://abbeypost.com/blog/tag/body-glide/>),

Chafing (<http://abbeypost.com/blog/tag/chafing/>), chub rub (<http://abbeypost.com/blog/tag/chub-rub/>),

Foundation garment (<http://abbeypost.com/blog/tag/foundation-garment/>)

Permalink

(<http://abbeypost.com/blog/chub-rub/>)

As the weather warms up, many women's thoughts turn to the dreaded "chub rub". It's too hot to wear tights, and pantyhose are out of style (and make the heat and humidity worse). You can wear bike shorts under your skirts and dresses, except that it's hard to find any that aren't also compression shorts. And if you can find plain bike shorts, the stupid things



have a seam on the inner thigh – right where your thighs rub against each other – so in addition to chafing, you’re going to have holes along the seam before too long.

This isn’t just a plus size problem. Any woman without a thigh gap (which is almost all of us) will have some chafing if their bare thighs rub against each other. So even if you lose weight, in most cases, you simply can’t ignore the looming specter of chub rub. But you can avoid it.

I tried out the latest in chub rub prevention. Here’s what I found:

Anti-Chafing Sticks

These look like solid deodorant, but they contain silicone so that your inner thighs glide against each other instead of rubbing and chafing. I absolutely love this stuff. It does exactly what it’s supposed to. It’s made for long distance runners, so it can stand up to any walking I do in a day. You can use it anywhere you have chafing – arms, thighs, anywhere your bra rubs, and on your feet. This stuff keeps sneakers from causing blisters during marathons, so it can make your strappy sandals more comfortable.

The brands I’ve used and loved are [Body Glide \(http://www.bodyglide.com/\)](http://www.bodyglide.com/) Anti-Chafing Stick and [Mission 5-Hour Anti-Chafe Stick \(http://www.missionathletecare.com/products/5-hour-anti-chafe-stick\)](http://www.missionathletecare.com/products/5-hour-anti-chafe-stick). As the name implies, you need to reapply either product every few hours. Body

Glide has a [For Her version \(http://www.drugstore.com/products/prod.asp?pid=342002&catid=313109&aid=338666&aparam=342002&kpid=342002\)](http://www.drugstore.com/products/prod.asp?pid=342002&catid=313109&aid=338666&aparam=342002&kpid=342002) that comes in a smaller container so it fits in your purse.



(http://www.amazon.com/BodyGlide-FH8-Bodyglide-Anti-chafe-Her-0-8OZ/dp/B0031Y4TRW/ref=sr_1_1?ie=UTF8&qid=1402027210&sr=8-1&keywords=body+glide+women)

Body Glide for Her, \$8.38 at Amazon.com



(http://www.amazon.com/Mission-Athletecare-Anti-Chafe-Stick-1-5-Ounce/dp/B005HE8394/ref=sr_1_1?s=sporting-goods&ie=UTF8&qid=1402027344&sr=1-1&keywords=mission+five+hour+anti+chafe+stick)

Mission 5-Hour Anti-Chafe Stick, \$10.19 at

Amazon.com

It's not perfect, though. I've heard that if you use an anti-chafing stick two days in a row, you're going to have some chub rub anyway. So this is part of my arsenal, but not the only thing I use.

If you're used to wearing bike shorts, wearing nothing under your dress but underwear and Body Glide might leave you feeling a little exposed. I got used to that feeling pretty quickly, and when it's hot out I'm glad not to be wearing an extra garment.

When you're wearing a [bathing suit \(http://abbeypost.com/blog/plus-size-swimwear/\)](http://abbeypost.com/blog/plus-size-swimwear/), anti-chafing sticks are perfect for letting you forget about chub rub entirely. Just remember to reapply more frequently if you've been swimming.

Bandelettes

[Bandelettes \(http://www.bandelettes.com/\)](http://www.bandelettes.com/) are just like the tops of thigh-high stockings. They're tubes of fabric that cover your thighs, and stay in place by themselves.



(<http://www.bandelettes.com/>)

Bandelettes come in smooth fabric or lace.

\$14.99.

I wanted to love these – I really did. They protect against chub rub without adding the bulk that you get with bike shorts. But they don't seem compatible with my thighs, which get significantly narrower 5 inches above my knees. (Seriously – it's not a gradual tapering, but more like falling off a cliff.) I've read enough [positive \(http://www.xojane.com/healthy/chub-rub-high-chafing-solutions\)](http://www.xojane.com/healthy/chub-rub-high-chafing-solutions) [reviews \(http://www.xojane.com/clothes/enell-sports-bra-breast-nest\)](http://www.xojane.com/clothes/enell-sports-bra-breast-nest) that I think it's not them, it's me.

The first two pairs I tried didn't stay in place. They feel like they're moving around even when they're not, which is weird, but you get used to it. But one of them folded over while I was sitting in a restaurant. I adjusted it in the ladies room and it fell down by the time I got back to the table.

I e-mailed the company asking if maybe I was wearing the wrong size. They suggested I try a style that's shorter than the others ([#1001](#) (<http://www.bandelettes.com/shop/beige/>)) because of how my thighs are shaped. Those stayed in place, but they were a tiny bit too short and I had some chub rub anyway.

They only cost \$15, so it's not a huge risk to see if they'll work for you. They're not for me, but you might adore them. They even have plain, non-lacy Bandelettes for anyone who's not into that sort of thing. If your thighs are tapered like mine, try the 1001 styles first. Bandelettes have a seam, so remember to put them on so that the seam is anywhere but on your inner thigh. Otherwise the friction on the seams will lead to extra wear and tear.

Undersummers Shortlettes

These are the holy grail of chub rub prevention! Shorts that don't have an inner thigh seam. Every year, I get so mad when I throw out last year's bike shorts because they developed holes along the inseam. If only my bike shorts didn't have inseams, they wouldn't wear out. A major retailer used to make bike shorts without an inseam, but they discontinued them and they became the stuff of legend. I've heard of those old shorts lasting a decade, but if you didn't buy them ten years ago, you were out of luck.

Until now.

I recently discovered this company called Undersummers (<http://undersummers.com/>), which makes shorts (and leggings) that are snug like bike shorts, with no compression and no seams on the inner thigh causing added friction. They have a cotton crotch, so you can wear them *instead of panties*. That means chub rub protection without having to wear an extra layer, yet getting the coverage you might prefer if you're taking public transportation, for example.



(<http://undersummers.com/products/plus-size-classic-cling-free-slip-short>)

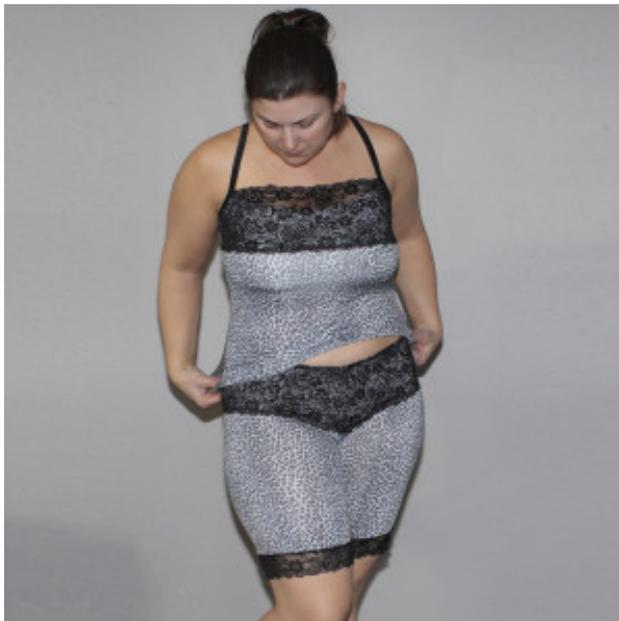
White Classic Shortlette, \$31.99

The coolest thing is that Shortlettes come in a bunch of cute colors and styles, as well as matching cami-shortlettes sets. Now your underthings can be CUTE as well as practical!



(<http://undersummers.com/collections/classic-slip-sets/products/plus-size-classic-cling-free-camisole-new-colors>)

Classic Cling Free Camisole & Shortlettes Set



(<http://undersummers.com/collections/lace-shortlette-slip-set/products/plus-size-animal-print-lace-camisole>)

The one issue I had with Undersummers is sizing. The plus sizes cover a larger range of measurements than the smaller sizes. Even after consulting the fit chart, I did have a fit issue.

My hips are 55.5", so the [size chart \(http://undersummers.com/pages/size-chart\)](http://undersummers.com/pages/size-chart) has me wearing a 4x, which covers a hip measurement of 53" – 59". They were baggy, even over a pair of cotton briefs. They sagged, but stayed up. But they didn't fit me the way they fit the models in the pictures online, and I feared they'd fall down if I lost a little weight or even just sucked in my gut. I e-mailed with the owner and I tried the 3x, which fit me perfectly even though the sizing chart says they're several inches too small for me.

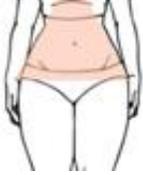
So with the sizing as it stands, if you're in the lower half of one of the plus size ranges I recommend you buy the next size down.

Freedom From Chub Rub

You don't have to live with chub rub. It's more than just a little inconvenience—I've known women who plan their activities around it. They don't walk too far because their thighs might chafe. They hesitate to [go to the beach \(http://abbeypost.com/blog/every-body-beach-body/\)](http://abbeypost.com/blog/every-body-beach-body/) because exposed thighs chafe. These products will let you get on with your life without having to worry about chub rub.

What are your favorite products for preventing chub rub? Talk to us in the comments!

RELATED ARTICLES



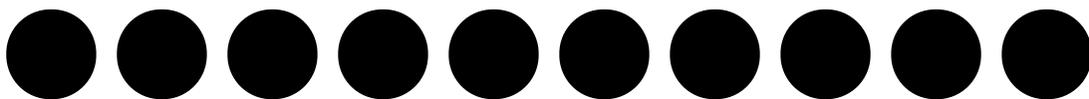
(<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>) (<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>) (<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>)

guide-buying- to-wear-to-a- size-life-plus-
clothes-when- beach-wedding/ size-bride/)
you-have-a- What To Wear Plus Size Life:
triangle-shaped- To A Beach Being a Plus
body/) Wedding Size Bride
(<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>) (<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>)

The Best
Clothes For A
Triangle Shaped
Body
(<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>)

Zemanta

(<http://www.zemanta.com/?px>)



« *Previous post* (<http://abbeypost.com/blog/plus-size-life-plus-size-bride/>)

Next Post » (<http://abbeypost.com/blog/summer-trends-coverups/>)

3 COMMENTS