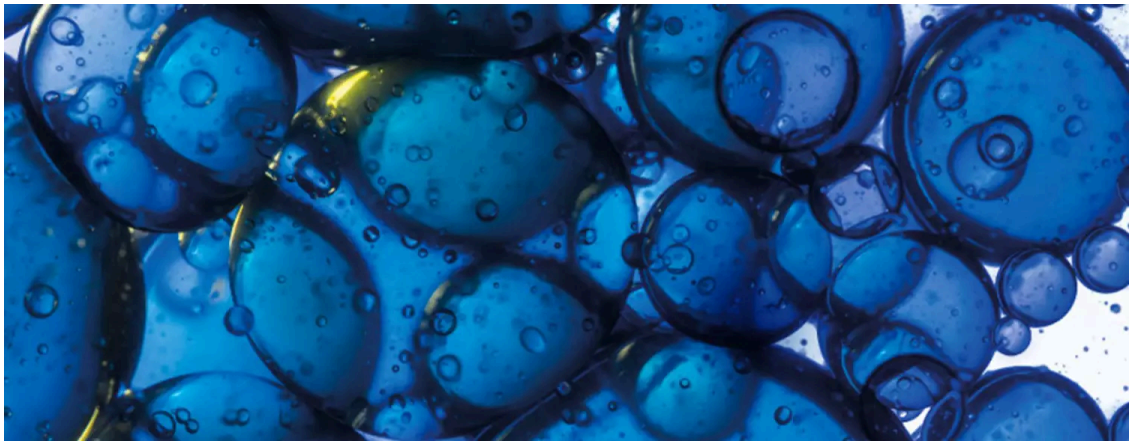
HOW TO PREVENT & SOOTHE THIGH CHAFING

Thigh chafing is a common and irritating problem where the skin on the inner thighs becomes red and sore. It can also be caused by a number of different factors. Perhaps you've noticed yours get worse on a hot day, perhaps when you have bare legs beneath a dress, or have sat for long periods of time with your legs crossed. Likewise, you might find thigh chafing is worse after exercise or a long run.

Whatever the cause, read on to find out more about how to treat and prevent thigh chafing and the La Roche-Posay skincare that can soothe it.



What is thigh chafing?
What causes thigh chafing?
How to prevent thigh chafing?
How to soothe thigh chafing?

What is thigh chafing?

Thigh chafing is when bare skin on the inner thighs rubs together causing friction. This can leave the skin to feel sore with other side effects such as a rash, a burning sensation, blister or sores.

Ask a La Roche-Posay ambassador

What causes thigh chafing?

While there are a number of reasons for thigh chafing, below are some of the most common.

Exercise

Highlighted Categories

How To

Ingredients

Product Tips

Skin 101

Skinpedia

Whether you enjoy bike riding, running or long walks, exercise is a common cause of thigh chafing. This is due to repetitive motion that may cause the skin on the inner thighs to rub together.

Hot weather

Hot weather can really exacerbate thigh chafing as extra heat inflames the skin and makes it more sensitive. Many women also wear bare legs beneath dresses and skirts which also leaves the skin more exposed.

Sitting cross legged

If you sit for long periods of time with your legs crossed, you may find that the skin on your inner thighs becomes irritated. This could be down to the fabric of clothes you're wearing or the temperature. (Hot climates or environments may make you sweat more and cause irritation).

Body type

Some body types are more prone to thigh chafing. For instance, if you have very muscular thighs, you may find that experience chafing more. This may also be the case if you carry more weight in this area.

Nappies

Babies and toddlers also experience thigh chafing caused by their nappies rubbing on the inner thighs as they crawl or walk. This can also affect adults who need to wear protection for issues such as incontinence.

How to prevent thigh chafing

Once you've healed the skin on your inner thighs, you'll also need to think about how to prevent it happening again. Follow our top tips for breaking the cycle.

- ### Wear the right clothing

  When you experience thigh chafing, it's advisable to wear loose, breathable clothing in that area that won't cause extra friction. You can also prevent further chafing by wearing cycling shorts or chafe-preventative shorts underneath summer dresses and skirts. This will stop the skin on the inner thighs from rubbing together while still allowing you to keep cool.

- ### Apply protective balms and creams

  Applying a protective balm or cream to the area where rubbing occurs can also he prevent thigh chafing. La Roche-Posay Cicaplast Baume B5+, for instance, is a barrier cream that's clinically proven to soothe irritated and damaged skin and reduce discomfort. It also creates an invisible protective layer on the skin to prevent future irritation.

- ### Keep the skin clean and dry

Ask a La Roche-Posay ambassador

Moisture such as sweat can make chafing worse so it's important to keep the skin clean and dry as much as possible. Make sure you shower straight after exercise and change into dry clothes. This will ensure you aren't spending prolonged periods of time with sweat sitting on the skin.

- ## Avoid exercise that may irritate it while the skin heals

  If you have pre-existing thigh chafing, it's advisable to take a break from any exercise or activity that may exacerbate current areas of irritation. Keep applying a barrier cream to the area such as La Roche-Posay Cicaplast Baume B5+ in the meantime and allow the skin time to heal.

Discover La Roche-Posay skincare to soothe thigh chafing

You can soothe irritated skin on the inner thighs with the La Roche-Posay skin barrier cream Cicaplast Baume B5+. This helps accelerate the natural skin recovery process whilst respecting the skin microbiome and reduces feelings of discomfort. The balm texture also acts as a barrier cream, leaving an invisible protective layer on the skin.

While thigh chafing can be really uncomfortable and irritating, there are a range of solutions at La Roche-Posay to help. From barrier creams to lotions and gels, there's a skincare option to help all skin types and conditions.

Thigh Chafing FAQs

How can I prevent thigh chafing before it starts? +

How can I soothe thigh chafing that's already irritated and painful? +

Does hot weather cause thigh chafing? +

Are women more likely to experience thigh chafing? +

What clothing helps prevent thigh chafing? +

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Discover the La Roche-Posay skincare range to soothe thigh chafing.

(*) Mandatory fields

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Study of 78 Consultant Dermatologists Jan-April 2024
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*Study of 78 Consultant Dermatologists Jan-April 2025. For more info visit
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