

Chapped Lip Conundrum

I often hear people saying that they are addicted to their chap stick. This is mostly said in a joking way, but this article from RealAge.com offers some insightful information on how certain chemicals in our lip balms just might be creating a Chap Stick compulsion!!

Peel Appeal?

According to RealAge skin expert Dr. Amy Wechsler, Phenols are compounds included in some lip balms (Blistex, for one) to help remove very dry, chapped skin off the surface of lips. But if you're just trying to keep lips moist, the phenols can backfire by removing your lips' natural protective layer. That may also explain why some people get addicted to them- the stripping effect can leave lips feeling raw, so you reach for more balm.

Careful Lip Care

To break this vicious lip-balm cycle, Wechsler recommends opting for a good *moisturizing* lip balm instead. One of her personal favorites is pure, simple Vaseline petroleum jelly. (Use it at night, since it offers no sun protection.) If you need to slough a bit of dry skin from your lips, just brush them very gently with a soft, wet toothbrush.

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