

Protecting your Lips: Toss the Gloss!

Fitness magazine (Sept. 2008) reports that more women are being diagnosed with skin cancer on their lips than ever before- and the culprit may just be shiny lip glosses that provide no UV protection, and actually attract the sun's rays. What can we do to stay safe, yet still look stylish? Dr. Dennis Gross, a New York dermatologist advises women to opt for matte lip balms that contain SPF, or if you want more color, choose a lipstick over the gloss, as the thicker consistency will naturally provide some sun protection.

Great information for women to follow, and for men to pass along to the important ladies in their lives!