

When it comes to our lips in winter, they are like cracked, little, damsels in distress waiting desperately to be saved. The lack of oil and sweat glands, the main moisture providers and retainers, leave them unequipped to hold up their pout in the harsh weather. So, it becomes our duty to protect them from the dry and cold winds, air conditioning that viciously feeds on humidity, the sun, and the pain of not being able to smile.

## TIPS

## For a carefree smile

What do we do to fulfil that duty? Well, we give our lips a little lick whenever they feel dry. Thus starts the vicious cycle of licking lips trying to moisture them with saliva, making them dry out even faster, and feeling the need to lick them again. The only way to break away from this cycle is to maintain a strict routine of not licking your lips.

The urge to pinch dry flakes from the lips is another unhealthy habit. It often leaves an opening in our skin that can harbour more serious problems than a bit of dryness. Try using a lip-scrub to get rid of the flaky lips in a better (non-bloody, non-violent) way.

The next step to attaining a perfect smile is, of course, moisturising. Use a moisturiser after scrubbing your lips, washing your face, or taking a shower.



Honey, coconut oil and sesame seed oil are all natural moisturisers filled with vitamins A, B, and E that work wonders on your lips.

Your lips will feel soft and buttery once you have properly scrubbed the dry flakes away and applied a good moisturiser but do not stop at that. Lock the feeling of having the amazing lips in with a good lip-balm. It will protect your lips from the dirt and dryness. If you are planning a day out, use a lip balm with sun protection of SPF 15 at the very least.

While the winter weather is a big

reason for chapped lips, there might be other diet related problems that cause persistent dryness. Eat food that has plenty of iron and vitamin B. Drink a lot of water to fight dehydration.

If your lips stay dry and rough even after taking continuous care, consider seeing a doctor as it may mean that there is some other issue that needs to be resolved first.

By Afsin Ahmed

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