

TIPS

Lucky lips are always kissin'

In the case of piling up lipsticks, we rarely find a non-enthusiast...but when it comes to lip care regimen, the opposite is true, as most are quite neglectful. Other seasons might pass by without too much impact on the lips, but winter surely does not. When it comes to our skin, we do not hesitate to take care of it, but somehow all our lips get is a little Vaseline before bed. Lip care is pretty minimal and there is not much to it except for a little scrubbing and lip balm. But your choice of lip balm can be a big factor as to how your lips feel.

Scrub your lips once a week if you want to get rid of the dead skin pileup, which causes the flakiness. You can make your own scrub with a little sugar and honey or you can buy one. Be liberal with your lip balm or Vaseline and apply it after every time you wash your face or lips, and not just before going to bed.

While the average Vaseline will work when you are indoors, apply a lip balm with SPF before leaving the house. This goes for all weathers, even winter because the sun is still very much on top of our heads, even if it is

colder.

Shiny glosses feel great over a matte lipstick, and it feels better in the winter as our lips feel chapped. But these glosses attract sunlight and can lead to skin cancer. So a lip balm with SPF is a must if you are to apply a glossy topcoat.

Avoid choosing a lip balm that has menthol in it. It might seem like a good option at the moment, or maybe you like menthol, but the temporary cool sensation will fade soon enough, drying your lips further. This defeats the whole purpose of the balm in the first place, so avoid menthols in your balms!

These tips are not gender based, and men need equal care when it comes to their lips as much as women do. Winter means we all suddenly become super aware of our lip care routines. This season does call for extra care, but caring all year round will definitely help minimise damage in the colder months and helps to keep our pout fresh and plump all year long.

By Anisha Hassan

Photo: LS Archive

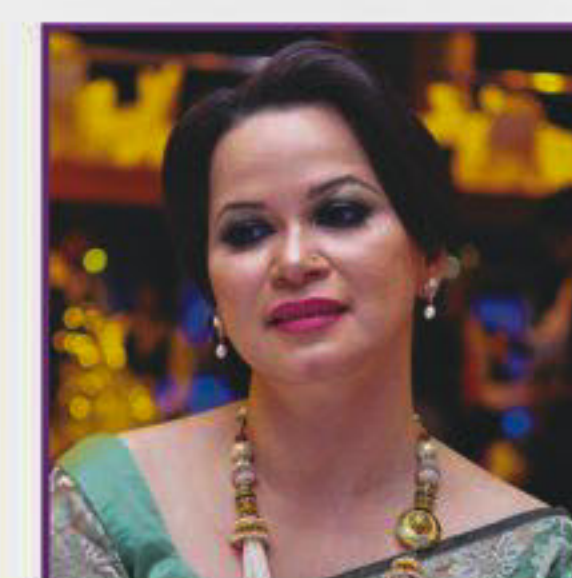
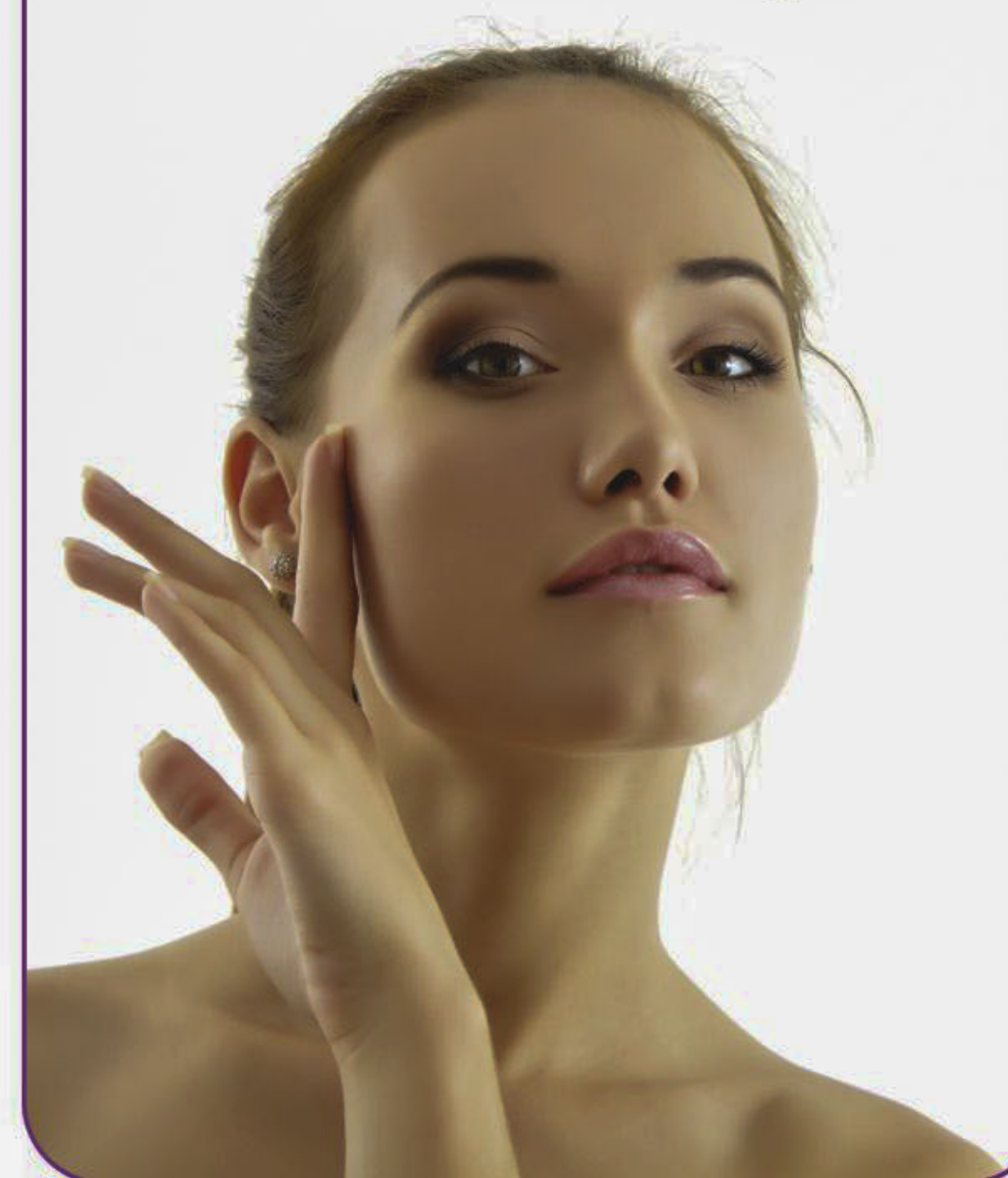
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