

# Lip care during the winter



Winter can be pretty harsh. Perhaps the most annoying thing about winter is how it affects your skin. And the skin on your lips suffers the most because it is thinner and more delicate. By following a few instructions, you can care for your lips and have them looking healthy and plump even in winter.

#### Use a lip balm

The cold winter air is dry and takes a toll on your lips by extracting moisture from them. This causes the lips to get dry easily and can result in chapped lips; something that is to be avoided at all cost. Using a lip balm can be very helpful for this issue. The balm can moisturise your lips and even create a protective barrier that should protect your lips from the harsh winter air for hours. After a few hours, you might feel the need to reapply and it is recommended that you do so. Try to carry lip balm with you that can be used at all times.

#### Do not lick your lips

It is very tempting, I know. Done in hopes to get temporary moisture on your lips, in hopes that it will last you a few more hours without using lip balm. It does not. Not only it fails to work as a substitute for a lip balm,

licking your lips causes the lips to get even drier as soon as the saliva evaporates; which happens very quickly. This might be a habit for many. But whether you are doing it on purpose or not, try to avoid it as much as you can.

#### Overnight care

When you are awake, you will be applying lip balms a few times a day but we can't do that if we are asleep. This means the lips will remain unattended for at least 8 hours. That is more than enough time to get dry and chapped lips. It is recommended that you use a generous amount of lip balm or lip oil before you go to sleep. Diluted glycerine can be used as well. If you are wearing lipstick, take the extra few minutes to remove the lipstick before going to bed. If possible, try to exfoliate once a week.

#### Avoid peeling

Some people have the habit of pinching and plucking the dry skin on the lips little by little. Some enjoy peeling it all together. Either way, it should be avoided if you care about having healthy lips at all. Not only it exposes the layer beneath the dry skin, it can result in bleeding and even infection.

#### Stay Hydrated

Last but not least, staying hydrated is as important as any skin care routine. People do not sweat much in the winter, as a result they tend to drink less water. Which is one of the reasons we get dry skin and lips. Drinking plenty of water is highly recommended for healthy skin and lips.

Remember, dry and chapped lips look very unappealing and can cause awkward situations but these can be avoided if you take a few minutes of your day to care for you lips. Take the time to care for yourself. And if things get bad even after caring for your lips, consider visiting a dermatologist.

By Ashif Ahmed Rudro

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