

Winter care for your lips and feet

With the change in weather, comes a change in how we care for our skin. Because winter air is dryer, there is less moisture in the air, which can lead to chapped lips, dry feet, and itchy hands. The cold air may be hard on our skin, therefore people need to be cautious about the items they choose to use during this time of the year.

Petroleum jelly is a must

Chapped lips can be unpleasant and make it difficult to do daily tasks including drinking, talking, eating, and even smiling. If not taken care of properly, lips start to get a little tender and red, or more severe signs like painful bleeding and cracks may

appear. To cure chapped lips, good quality petroleum jelly can be your life saviour. However, do proper research before you commit to one.

Protect your feet

Woollen socks may be quite alluring in the cold, but the friction they create might lead to moisture loss. Your best option? Invest in cotton socks. You can put on socks and slippers when you are roaming around the house. Your feet will be more prone to dry skin if you walk barefoot because the friction can easily get flaky.

Use coconut oil

Coconut oil is a natural oil that is beneficial for your feet. It's a sure thing for the winter and a fantastic source for treating dry skin. Not only that, but it can also enhance the fats in your skin and improve its texture. Simply apply three to four drops and massage your feet for a bit. You will see improvements if you let it absorb into your skin.

Don't peel off the dead skin from your lips

Although it may be tempting, refrain from pulling, biting, or picking at dry skin. Your lips may get even more damaged and dry as a result of this act. Keep a lip balm close at hand so you can use it instead of picking at your lips whenever the impulse strikes. Additionally, try to avoid licking your lips excessively. They could get more chapped as a result.

By Maisha Tarannum Iqbal

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