

# The 411 on Lip Balm



Here is a simple list to help you choose the best lip moisturizer so that you can have healthy and youthful lips.

Having smooth and soft lips can be trickier than what you think.

The reason is because you need to have a lip balm that meets your lips needs with simple ingredients.

Ok, so the actual ingredients that are infused into certain chapsticks won't make you crave your favorite lip balm but the feel of super soft lips will.

Why is this bad?

because it will cause you to overuse your selected lip balm which can make your lips dried out and it is counterproductive to having good lip health.

Enjoy!



# Start Doing This!

1. Make sure you drink your daily intake of water, Every day.
2. Have a good SPF in your chap stick to protect the lips.  
Look for Zinc or Titanium SPF over Chemical Oxybenzone.
3. Look for these ingredients:
  - \*Vaseline, Bees Wax (cera alba)
  - \*Lanoline and Cocoa butter
  - \*Dimethicone (moisturizer)
  - \*Humectant : Urea Or Glycerin
  - \*Ceramides ( Fats that help keep water)
  - \*Paraben-Free
4. Take Fish Oil, it's loaded with Omega-3 fatty acids which keep our skin hydrated and helps restore our skins natural oils.
5. Exfoliate your lips regularly. Using a simple sugar scrub can improve your lip health significantly.
6. Apply Lip balm at night right before you go to bed.
7. When you apply your lip balm make sure to cover your entire lip and outside your lip line.

**Burt's Bees- Bee Wax Lip Balm**

**Mini Vaseline Trio Pack**

# Stop Doing This!!

1. Stop Licking Your Lips, especially if your lips are already chapped. Your saliva was meant to break down food so it's very drying to our lips when we lick them.
2. Stop using Long Wear or Matte finish lipsticks because they tend to dry out the lips and they show everything.
3. DO NOT pick at your chapped or flaked lips. All you are doing is asking for an infection to your mouth which will bring on cold sores and make your lips bleed. Ouch!
4. Don't use any products that contain ingredients that are known to irritate the skin such as:
  - \*Menthols, Camphor and Phenol
  - \*Fragrances and Artificial colors
  - \*Alcohol
  - \*Salicylic Acid (Asprin)
  - \*Aloe Butter
  - \*Vitamin E, it can irritate lipsThey may feel cooling and calming to your skin but those ingredients can be drying and they just mask the problem of chapped lips rather than healing them.

I hope that this will be of good use to you for when you need to make another lip balm purchase. If you want to learn more about beauty tips and tricks than stop over at my sight, Lipstick on the Mirror, to check out some of my fun articles.

