

Lipstick

SKIN HAIR MAKEUP NAILS FRAGRANCE GLAM BELLEZA LATINA RUNWAY BEAUTY RED CARPET BEAUTY

A Dermatologist Answers: How Do I Heal My Code-Red-Level Chapped Lips?

Glamour.com

Cruel fate. Oh, oh why, does Valentine's Day fall in February, a cold, harsh month for your lips? I turned to **dermatologist Dr. Rebecca Baxt, assistant clinical professor of dermatology at New York University, who practices in both Manhattan and New Jersey**, to find out what to do before Valentine's Day if your smackers are chapped right now.



Her advice:

- 1) Stop the licking already!** "The saliva just breaks down the skin and makes it worse."
- 2) Moisture up.** Use petroleum jelly or Aquaphor multiple times a day on the lips. This will help put moisture back in while protecting your sore smackers at the same time.
- 3) Stay hydrated.** Drink plenty of fluids, and moisten the air in your home with a humidifier.
- 4) Exfoliate your lips** with a lip scrub or a washcloth, or by softly brushing them with a toothbrush. "This will expose the fresh skin and help your lips start to heal," explains **Dr. Baxt**. Just make sure to be gentle
- 5) Say no to the shaker.** Refrain from eating salty foods, which increase the urge to lick your lips.
- 6) Consider your diet.** "Certain vitamins are critical to maintaining healthy skin and lips. These include vitamins A, B, C, B2 (riboflavin deficiency), and E." So if you're not sure you're eating a balanced diet, it might be time to think about supplements.