



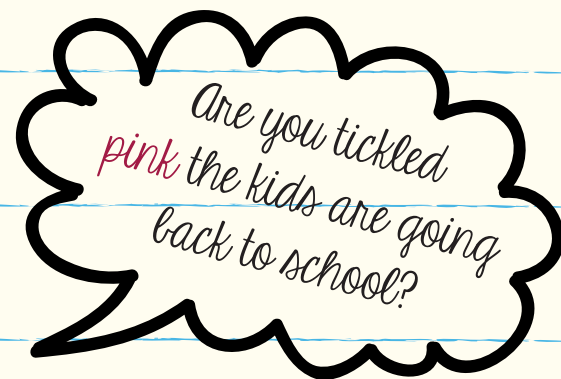
## Fun Facts for Lips\*

Lips do not contain oil glands, so they tend to dry out very easily and become chapped. Chapped lips have many causes and can occur during any season. People who lick their lips frequently might find that the more licking they do, the drier their lips get.

The following tips can help prevent chapped lips:

- + Increase the moisture: keep the air in your home moist with a humidifier.
- Don't lick: the constant wetting and drying that occurs with licking quickly causes chapped lips.
- ✗ Cover your face: in the winter, especially on windy days, make sure you have a scarf or hat with a mask that covers your lips.
- ÷ Use lip balm that contains sunscreen: the sun can cause chapped lips and make already chapped lips worse, use a product that contains sunscreen with an SPF of 15 or higher.

\*The American Academy of Dermatology



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