



"...frigid temperature change, windy conditions lead to peeling, irritated, severely chapped lips..."

Rescue your lips this winter!

By Shelissa Kemplin Kearney



I don't know about you, but during the winter months my lips feel like they are more suitable on a dinosaur. For most, the frigid temperature change and windy conditions lead to peeling, irritated, severely chapped lips, and even worse...*constant licking!* You might be doing it right now.

Many lip products available today only provide temporary relief, and actually perpetuate the problem. The key to relief and proper care is to find products with the proper natural ingredients. Natural remedies are your best bet in this situation. Synthetic products can make the problem worse by irritating already sensitive skin. However, some naturally occurring ingredients that are widely used include petroleum, lanolin, and mineral oil. These ingredients can also increase irritation and cause breakouts. If you break out regularly after applying a lip balm, chances are, you have an allergy to one or more of the ingredients. The best ingredients to look for in natural lip conditioners are virgin olive oil, vitamin E, and beeswax. Olive oil has antioxidant properties and increases the skin's elasticity and, in turn, soothes and moisturizes. Vitamin E is used as a natural preservative and helps heal damaged tissue, while beeswax puts a protective barrier between your precious lips and whatever is going on outside. The best products are ones that contain all three ingredients. If you wear lipstick, remember to apply lip conditioner as a base to keep your lipstick from drying out your lips.

Follow these three steps for naturally sexy lips this winter:

Step 1: Gently exfoliate your lips using a very soft toothbrush, going in small, circular movements across the lips. Then pat dry. Do this once or twice a week.

Step 2: Liberally apply a lip conditioner or lip balm while lips are still moist but not wet.

Step 3: Stop licking! Instead keep your lips moisturized with a natural olive-oil-based lip conditioner. You will have kissable lips before you know it!



Favorite Lip Conditioners you should try this winter: My Sexy Lips in Vanilla Bean or Peppermint Kiss (\$5.99) available at Shelissa.com, Bliss (\$11) at Bliss.com, and Dr. Andrew Weil for Origins Lip Balm (\$15) at Origins.com.

Shelissa Kemplin Kearney, an expert in the fashion & beauty industry, is a fashion model and Founder/CEO of Shelissa's, an eco-friendly skin care company. She has a background in Biology from University of Maryland and International Relations at Harvard University. If you have skin care questions you need answered, give her a jingle at (443) 474-9520 or contact her by e-mail at Shelissa@Shelissa.com.

Discover the natural beauty of olive oil.

Shelissa's Vanilla Bean Lip Butters made with virgin olive oil and Vitamin E help hydrate and increase the skin's elasticity for naturally, sexy, kissable lips. Purchase Shelissa's Lip Butter at Bun Penny in The Mall in Columbia and at Lutfi's Day Spa in Clarksville.



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