

TIPS ON LIPS

Focus On Lip Care Makes Beauty Come 'Natural'



Tasteful lips this season look supple and just barely kissed by subtle color and shine.

(NAPS)—These days, the lips that draw all eyes are those that are supple and naturally-toned with no visible lip color at all—but that's just an illusion.

"The makeup forecast for fall is anti-extremism. There is a pronounced absence of avant-garde lip and eye statements for novelty's sake—translation: a new, classic reality," says New York-based beauty and makeup expert Kat James.

Since use of lip balm is so vital for maintaining healthy lips, James explains, it's easy to be fashionable by wearing balm alone.

Adds Dr. Charles Zugerman, associate professor of clinical dermatology at Northwestern University Medical Center in Chicago, "Thinking about lip makeup in tandem with lip care is the ideal equation for healthy, beautiful lips."

"I use lip balms as a blending medium and for diluting the purest, brightest or deepest colors down to the most flattering strength," adds James, whose celebrity clients have included Angie Harmon, Sarah Jessica Parker, Martha Stewart and Kate Hudson. "Lip balms also virtually eliminate the harsh borders you get when you apply pencils and lipsticks directly to dry lips. For fall, and really all year long, using a lip balm as a base for lip color creates a flawless texture, which expands the options you have with every lip color you own.

"Using lip balm over color to finish your lips is great for making color look like it's coming from within," James says. The effect can be lost, however, with balms that are too waxy or greasy. Smooth gliding Blistex Herbal Answer soft formula and new Silk

& Shine's super refined texture work particularly well.

"Like moisturizer, a touch of balm worked in with the fingers softens the lip 'canvas' and prevents color from 'grabbing' and collecting on dry patches and flakes," says James. "As a bonus, you get the moisture and protection layer the lips need to keep from chapping and drying out in the fall.

James points out that everything from sticky, honey-like glosses to vinyl sheens no longer look fresh. Instead, she recommends supple, not-wet lips with little or no color. Lip balm helps achieve this look. For example, Silk & Shine adds a slight touch of shine that could be natural to wear alone or over the most subtle color.

For just a hint of color on lips to highlight natural lip tones, James suggests going for a tinge of pure peach, ginger or rose tone, blended like watercolor into a balm to keep it from looking like lipstick.

Dr. Zugerman advises regular and frequent use of a lip care product with both sun protection and moisturizers, such as Blistex DCT, to safeguard against the sun and wind that can lead to chapping and dryness. Lips have no melanin for sun protection and a thin outer layer of skin, he explains. So, they are susceptible to melanoma, a form of skin cancer frequently caused by overexposure to the sun.

Use of lip balm also is important during fall to help repair summer damage on your lips, including redness, swelling, blistering and sunburn, which among other effects can reactivate the herpes virus, sometimes leading to cold sores.

Keep these ideas in mind and you may find you can protect, condition and color your lips "beautiful" this season.