

# TIPS ON LIPS

## Save Your Lips: Kiss Sun Damage Good-bye

(NAPSA)—It's important to give more than mere lip service to protecting your lips from the sun all year round. Lips need daily protection from the effects of sun exposure and harsh weather; their health and beauty depend on it.

### The Danger

According to The Skin Cancer Foundation, lips have almost no melanin (the color derived from tiny blood vessels beneath the skin), so it is important to protect them from sun's harmful UV rays. The ultraviolet rays can damage the look and health of lips.

Lips that have been exposed to the sun for many years are more likely to see the signs of aging earlier because collagen, the protein that helps stop wrinkles from developing around the lips, is broken down by UV rays. Even worse, people who have had many years of sun exposure can develop inflamed, swollen and unnaturally red or white lips, which could be a precursor to skin cancer. This type of sign should be treated by a dermatologist to ensure that it does not progress.

### A Solution

The Skin Cancer Foundation advises getting into the habit of using a colorless lip balm with an SPF of 15 or higher every day, especially if you don't wear lipstick. If lipstick is part of your makeup regimen, the Foundation recommends avoiding the super-shiny, high-gloss lipsticks with little pigmentation. They act like baby oil for the lips, directing damaging UV rays right to the area you're trying to protect. An



**Here's a bright idea: Protect your lips from sun damage by wearing a sun-protecting lip balm that also provides long-lasting moisturization.**

opaque lipstick will provide better protection. Try to find one you like with an SPF rating of 15 or higher. If you're wedded to the wet look, apply the colored lipstick first, then top with a gloss for shine.

### What to Look For

To keep lips soft, smooth and healthy, look for a lip balm with conditioning ingredients that not only offer protection from the sun's harmful UV rays, but also one that provides long-lasting moisturization to relieve dry, chapped lips.

One option, Aveeno Essential Moisture Lip Conditioner with SPF 15, shields lips from UVA and UVB rays while also preventing dry, chapped lips. The formula also includes natural oatmeal, jojoba oil and shea butter to condition so lips can feel and look their best long after applying.

### Learn More

For more lip-saving information, visit [www.aveeno.com](http://www.aveeno.com).