Never Let Your Lips Go Naked

Protecting your lips, especially against the sun is very important. Your lips require just as much care as your teeth. Your lips have a thin layer of skin that makes it hard to protect against the sun. Sun can impact your lips in many ways. Here are a few:

- Burns
- Impact collagen—which helps to stop wrinkles from developing
- Aging
- Cold sores
- Dry/cracked lips

Using lip balm with sunscreen protection can make all the difference and is very simple. You should apply lip balm 30 minutes before going into the sun, and reapply often. The sun isn't the only thing that can damage your lips, there are many others; cold and dry weather, and believe it or not, cigarette smoke can dry your lips! Applying a moisturizer can help to keep them moist and protected. Try not to lick your lips; the evaporation of saliva will cause chapping. Protect and hydrate your lips to make smiling easy!

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