

Ask the Expert: How to Prevent and Treat Chapped Lips

Tips for healing dry, chapped lips

By: [Carla Snuggs](#)

There is nothing worse than dry, chapped lips. As the weather gets colder and windier, you may begin to wonder has happened to your once soft, [kissable lips](#). As you experience more irritation and dryness, you may start to have painful chronic chapping. It can also be difficult to wear your favorite lip colors because your lips are cracked and peeling. So, [Endless Beauty](#) decided to ask an expert how to [heal chapped lips](#) once and for all.

[Dr. Gary Goldenberg](#), Medical Director of the Dermatology Faculty Practice, Mount Sinai School of Medicine, explains why we get chapped lips and how to treat them. Read on to discover the remedy Dr. Goldenberg swears by for healing for chapped lips.



What causes chapped lips and how can I prevent them?

Dry or chapped lips can be caused by several things, such as cold weather, constant lip licking, lip picking and an allergic reaction. Dry and cold weather can absorb the moisture from your lips, leaving them dry and chapped. Lip licking, essentially does the same. Sometimes, dry and chapped lips can be due to an allergy. Common allergens that cause dry and

chapped lips are fluoride, which is found in toothpaste and chewing gum, perfumes or preservatives in make up and lipstick, and foods, such as shellfish and mango.

How do I treat chapped lips?

For patients with dry and chapped lips I recommend several things: if there is an allergy, it's important to avoid that substance; my favorite lip moisturizer is **Aquaphor** healing ointment – it's inexpensive and can be found in every drug store; I generally don't recommend chapstick, especially flavored chapstick, since it may be a source of allergy. If you find your lips won't stay smooth and moisturized, visit your dermatologist.

Image Courtesy of [Daintyartistry.com](#)

What is your best remedy for dry, chapped lips? Tweet your thoughts to @_Endlessbeauty.