

Slather on salve wisely to nourish lips back to health

addicted to lip balm?

What keeps you chained to your favorite lube—plus, does natural deodorant really work?

BY CARLY CARDELLINO

Q I'm constantly applying lip balm. Is it possible that the more I use it, the more I need it?

A "That's exactly what's happening," says Amy Derick, M.D., a dermatologist in Barrington, Illinois. "But you aren't addicted—you've simply grown so accustomed to the way your salve makes your lips feel, you perceive your pout as parched when it's not coated." Another reason you might be over-applying: "Many balms come in yummy flavors, like vanilla, which causes you to lick your lips," adds Derick. "As saliva evaporates from your

skin, it removes not only the product, but the moisture from your mouth as well."

To break your bad balm habit, apply an emollient but taste-free formula until your lips are smooth again. Swipe it on no more than three times a day; "that's all anyone needs to stay hydrated," says Derick. We like Aveeno Essential Moisture Lip Conditioner with SPF 15 (\$3; at drugstores), which contains calming oatmeal, and ChapStick 100% Naturals Lip Butter (\$3; at drugstores), packed with jojoba oil and beeswax.

A "Whether or not they'll work for you depends on how much you perspire," says David Bank, M.D., a cosmetic dermatologist in Mount Kisco, New York. Natural deodorants use alcohol to banish odor by killing the bacteria that naturally lives on skin before it comes into contact with sweat. (When perspiration leaves your pores, it's odorless, but once it mixes with bacteria, pungent-smelling fatty acids are produced, Bank explains.) They won't, however, keep you dry. Antiperspirants, on the other hand, protect against odor *and* wetness because they contain aluminum salts, an ingredient that blocks your pores so perspiration never has the chance to seep onto the surface of the skin.

The final word? If you sweat a lot, stick to an antiperspirant/deodorant. Otherwise, give the natural route a go. Check out Weleda Citrus Deodorant (\$11 for 3.4 oz.; usa.weleda.com) and Burt's Bees Herbal Deodorant (\$8; burtsbees.com); both sprays contain lemon oil to keep you smelling fresh. And if you're still worried about yellow stains on your little white tees, check out Garment Guard Disposable Underarm Shields (\$11 for 10; beauty.com), pieces of fabric that adhere to your clothes to prevent marks.



Ditch odor and irritation with these picks

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