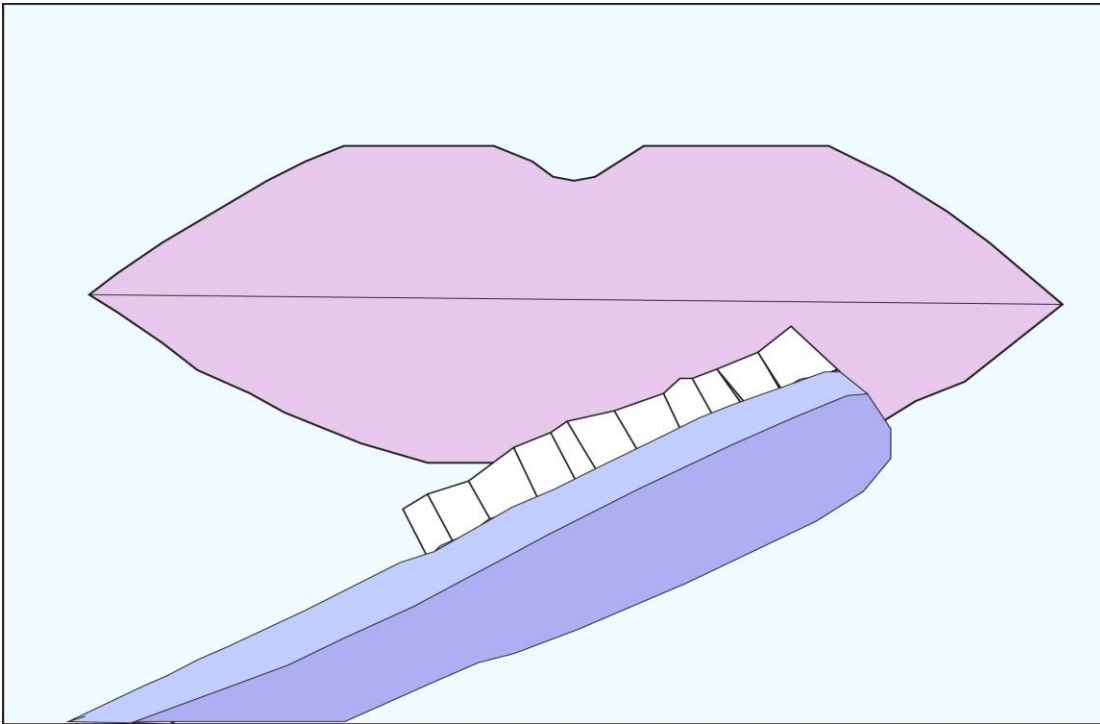


# How To Have Healthy-Smooth Lips

By Yen Ngan

August 12, 2015



When seasons change, our health changes too. When it is winter, temperature gets cold and dry skin appears for some people with sensitive skin or have eczema. Our lips are used everyday for many ways such as talking, breathing, brushing our teeth, eating food, drinking beverages, kissing, putting our hands over our mouth, and wiping our mouth with napkins. It is very important to take good care of our mouth to prevent chapped, dry, or bleeding lips. If you have dry-flaky lips and wish for a solution to have confidence in yourself and look beautiful, here are 8 tips on how to have healthy-smooth lips.

1. Use a clean Q-Tip stick and dab some Vaseline gel to spread across your upper and bottom lips.
2. Let the Vaseline gel sit and air out on your lips for about 1 minute.
3. Use a new toothbrush and begin brushing gently on your upper lip from left to right (the same way how you would brush your teeth).

4. Then brush gently on your bottom lip from left to right.
5. After about 1 minute of brushing your lips, the Vaseline gel would dissolve the dry-chapped lips and then become smooth.
6. Rinse your mouth with a cup of water.
7. Wash and clean the toothbrush so you can reuse it next time you brush your lips and then dispose it to the garbage.
8. Facing the mirror, look at your mouth and you will notice you now have healthy-smooth lips.