

Winter Guide: How to Prevent and Treat Chapped Lips

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As temperatures drop, dry air, cold winds and low humidity make **chapped lips** one of winter's most common skincare concerns. Since the skin on the lips is thinner and lacks oil glands, it loses moisture quickly—leading to peeling, cracking, irritation and discomfort. Here is a simple, effective guide to **preventing and treating chapped lips** during the winter season.

Why Lips Get Chapped in Winter

Several winter-specific factors contribute to dryness:

- **Cold winds and low humidity** strip moisture from the skin.
- **Indoor heaters** further reduce moisture in the air.
- **Licking the lips** makes dryness worse as saliva evaporates quickly.
- **Dehydration** is more common in winter when people drink less water.
- **Lack of SPF** causes sun damage even in colder months.

Understanding the triggers helps build a better lip-care routine.

How to Prevent Chapped Lips in Winter

1. Apply Lip Balm Frequently

Choose balms with nourishing, healing ingredients:

- Shea butter
- Petroleum jelly
- Lanolin
- Coconut oil
- Almond oil
- Ceramides
- Beeswax

Avoid balms with **fragrance, menthol, camphor or alcohol**, as these can irritate sensitive lips.

2. Hydrate From Within

Even in winter, your body needs at least **6–8 glasses of water** daily. Dehydration shows quickly on the lips, so keep water or herbal tea nearby throughout the day.

3. Avoid Licking or Picking the Lips

Though tempting, licking dries the lips further, and peeling the skin can cause bleeding or infections.

4. Protect Lips When Stepping Outdoors

Use a scarf or mask to shield against cold air.

Apply a **lip balm with SPF 15 or higher**—UV rays affect the lips even in winter.

5. Use a Humidifier Indoors

Running a humidifier at night adds moisture back into indoor air, which helps prevent dryness in both skin and lips.

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