

Luscious, Beautiful Lips Naturally

If eyes are windows to one's soul, lips are often regarded as symbols of sensuality. According to traditional Chinese physiognomy principles, in order for one to enjoy optimal good luck, it is better to have lips that are moist and vibrant in color. Dry, dull and discolored lips are a no-no.

Perhaps the above are underlying reasons that make lipsticks and lip glosses the best selling cosmetic products in the world. Recall the very first cosmetic that you had tried on, maybe secretly as a little girl playing around with your mother's make-up, or that must-have item in your cosmetic pouch. Most likely, it will turn out to be a lipstick.

Why Lips Become Drier and Duller-Looking Over Time?

1. Overexposure to air-conditioned environment

Long-term, unprotected exposure to such environments not only dries the skin, it is extremely drying to the lips as well.

2. Accumulated exposure to sunlight

UVA and UVB combine to darken any exposed skin area, including the delicate lip-area.

3. Accumulated exposure to lipsticks

Yes, the very thing that is supposed to enhance the beauty of our lips may cause the very opposite effects in the long-run. It all depends on the types of colorants used in the lipstick formula. Organic dyes like FD&C reds are water-soluble. Prolong use of lipsticks containing such dyes over a period of time may stain or discolor the lips, thus imparting a dull, lifeless color on the lips. Since young, I have been observing the differences in natural lip-color of habitual lipstick wearers and infrequent lip-stick wearers. And I found that those who use lipsticks irregularly tend to have healthier, brighter, natural lip-color.

Tips for Healthy, Good-Looking Lips:

1. During the day, use a lip balm or lip cream that contains UV filters.
2. Avoid wearing long-lasting lipsticks as they tend to be more drying. At the end of the day, make sure that all traces of the lipstick are removed thoroughly from your lips.
3. If you wish to add some color, use lip-gloss in place of lipsticks whenever possible. Minimize the use of lipstick. If you must wear lipstick, apply a layer of protective lip treatment cream before putting on lipstick.
4. When your lips feel dry, avoid licking them, as this tends to dry out the lips even more. Avoid biting your lips as well.
5. At night before you sleep, apply a lip-treatment product that does not contain any UV filters. This helps to nourish and moisturize your lips as you sleep.
6. Avoid lip products that contain synthetic fragrances as they tend to dry out the lips.
7. If your lips feel flaky, do not try to peel off the flakes as you may damage the delicate skin area in the process. Instead, apply some moisturizing lip treatment and allow the flakes to come off gradually by themselves. To keep your lips smooth and flake-free, buff it regularly and gently with Natural Lip-Buffer (please see below).

Recipe 1: Natural Lip-Buffer

Use this recipe regularly to eliminate dead, flaky skin. It is gentle, yet effective and nourishing to the lips as it contains natural oils and lactic acid.

Ingredients:

Fresh desiccated coconut	½ teaspoon
Warm Fresh milk	2 teaspoons

Portion: 1

Preparation:

1. In a small saucer, soak desiccated coconut in warm milk for 15 minutes.
2. Use immediately.

How to use:

1. Apply a small amount onto the lips.
2. Massage lips gently and thoroughly in small, circular motions.
3. Remove the Buffer and blot gently with a clean tissue.

Recipe 2: Lip Brightening Treatment

Specially created for dull-looking lips to bring back their natural vibrancy. For best results, use 2 to 3 nights every week.

Ingredients:

Fully ripened papaya	¼ slice
Honey	½ teaspoon
Finely chopped fresh mint	¼ teaspoon

Portion: 1

Preparation:

1. In a small bowl, mash papaya evenly.
2. Add honey and chopped fresh mint and mix well.

Caution: Not to be used on bleeding, injured skin area. If your lips tend to be sensitive, perform a patch-test on a small area of your lip before proceeding. Stop using if this treatment feels irritating to the lips.

How to use:

1. Massage onto the lips.
2. Allow to remain on the lips for 2 to 5 minutes.
3. Remove and rinse off thoroughly with cool water.

Recipe 3: Moisturizing Lip Treatment Oil

Apply this treatment oil before bedtime and wake up with well-nourished lips. Good for all weather conditions.

Ingredients:

Extra virgin olive oil	3 teaspoons
Cold-pressed avocado oil	2 teaspoons
Vitamin E oil	1 capsule

Preparation:

1. Combine the oils in a small glass bottle.
2. Roll the bottle between your palms to blend the oils well.
3. Store in a dark cool place. Use within 2 months.

