

LIP SERVICE

Which lip balm will be your saviour this winter?
Here are our top picks.

Lips are particularly prone to dryness as, unlike the rest of our skin, they don't produce sebum – skin's natural moisturiser. While lip balms can be a useful tool, helping to lock in moisture that can evaporate from the skin's surface, many are made with irritants that make a parched pout worse. As a general rule, steer clear of heavily fragranced formulations and the tingle-inducing flavourings increasingly common in lip care: lemon, peppermint, ginger and cinnamon, to name a few. Here are some of our lip-soothing favourites.



Dr Bronner's Naked Organic Lip Balm
A beeswax base enriched with organic jojoba, avocado and hemp oil, this balm is a simple, non-irritating and effective barrier from the elements. It has a comfortable non-sticky, semi-matte finish. **£3.29, onlynaturals.co.uk**



Lanolips The Original 101 Ointment
You can't go wrong with 100 per cent medical-grade lanolin. A waxy substance secreted by sheep, lanolin closely resembles the sebum produced by skin. A practical, versatile balm. **£10.99, boots.com**



Balmkind Alpine Rose & Lysine Lip Balm
This nourishing blend contains antioxidant plant oils and lysine – an amino acid that has been shown to reduce the occurrence of cold sores. **£13, balmkind.co.uk**



SkinCeuticals Antioxidant Lip Repair
More a treatment than a balm, this cream formula is packed with hyaluronic acid, antioxidant vitamin E and silymarin to hydrate the lips and prevent environmental damage. Apply at night and wake up to smooth lips. **£38, lookfantastic.com**

BEST BUYS



One for veggies and animal lovers – the **Hourglass Ambient Lighting Edit** palette is now 100 per cent vegan and cruelty-free, plus five per cent of profits is donated to animal charities. This travel-friendly compact contains six radiance-boosting powders to bring life and colour to winter skin. **£69, spacenk.com**



Drunk Elephant Pekee Bar

Fans of a simple cleansing experience will love this gentle, multi-tasking, soap-free and unscented **Pekee Bar** from Drunk Elephant. Enriched with marula oil and honey, it gently cleanses without stripping or drying the skin. **£24, spacenk.com**



High-tech hydrators

Developed in Korea, at-home micro-needle patches offer a cutting-edge way to aid the absorption of skin-saving ingredients. These acid-infused micro-needles dissolve into the skin. We love Vichy Liftactive Micro Hyalu Patches and Beauty Pie Hyaluronic Acid Microneedle Patches – both brands tackle dehydrated skin from within, reducing moisture-loss to make skin appear plumper and healthier. **£20, vichy.co.uk; £24.58, beautypie.com**
Enter the code LIZLOVES at the Beauty Pie checkout to receive your first month's subscription FREE.

