

Can Lip Balm Be Addictive?

Can lip balm be addictive? Does Carmex® contain an added ingredient to force users to reapply the product more often? Both of these urban legends are false; however, there is a difference in lip balms. Some are medicated with the ingredient salicylic acid which helps dry cold sores and heal severely dry lips. But these products may actually INCREASE dryness of healthy lips. Other medicated lip balms include ingredients such as menthol, camphor, or phenol to help relieve pain from cold sores and cracked lips; however, these can be irritating with repeated use. So, what's the bottom line? The lip balm should be selected according to the problem. If a moisturizer is all that is needed, then non-medicated lip balms should be used. Remember, the sun and wind are usually the culprits that cause problems, so a product with SPF of 15 or greater should be used. Come into Homer Drug or Tiger Town Pharmacy for assistance in choosing the most appropriate lip balm.