Ever feel like you’re addicted to lip balm? Do you catch yourself repeatedly applying it to your lips within just a few minutes? True addictions involve serious withdrawal symptoms.

**Drying Ingredients**

If you quit using lip balm, however, chances are you would be uncomfortable for a little while, but you’d adapt and get over your lip balm fixation. After all, our lips, if left alone, and unlicked, can stay moist on their own.

However, the fact remains, many people feel addicted to lip balm. A lot of lip balms actually contain ingredients that are drying to lips. At the same time, these same ingredients are often what give lip balms that tingling sensation which makes us think they are doing good things for our lips.

**Not For Every Day**

So we find ourselves reapplying to get that tingle which in turn dries out our lips, making us think we need another fix. Also, flavored lip balms can encourage us to lick our lips, which also dries them out, making us reapply the lip balm.

To help prevent addictivness to lip balm, read labels and follow directions. Lip balm can be very helpful in replacing lost moisture in cold and windy weather. Medicated lip balms can help heal severely chapped lips. However, most lip balms are designed for limited use, not for every day. If you think you’re using lip balm too much you might try to wean yourself off slowly.

曾经觉得你沉迷于润唇膏？你会在几分钟内反复将它涂抹在嘴唇上吗？真正的成瘾涉及严重的戒断症状。

### 干燥成分

但是，如果你不使用润唇膏，你可能会在一段时间内感到不舒服，但你会适应并克服你的唇膏固定。毕竟，我们的嘴唇，如果单独留下，并且不受影响，可以自己保持湿润。

然而，事实仍然是，许多人都对唇膏感到沉迷。很多唇膏实际上含有干燥到嘴唇的成分。同时，这些相同的成分通常会使唇膏产生刺痛的感觉，使我们认为它们为我们的嘴唇做了好事。

### 不是每一天

因此，我们发现自己重新应用以获得刺痛，这反过来使我们的嘴唇干涸，让我们认为我们需要另一种解决方法。此外，调味的润唇膏可以鼓励我们舔嘴唇，这也会使它们变干，让我们重新涂抹润唇膏。

为了防止对润唇膏的上瘾，请阅读标签并按照说明进行操作。润唇膏对于在寒冷多风的天气中更换失去的水分非常有帮助。药用润唇膏可以帮助治愈严重干裂的嘴唇。然而，大多数唇膏设计用于有限的使用，而不是每天。如果你认为你过多地使用润唇膏，你可能会试着慢慢地放松自己。