

40°



## GOOD THINGS UTAH

# Why are your lips so dry this time of year?

by: [Nicea DeGering](#), [Surae Chinn](#), [Deena Manzanares](#), [Brienne Johnson](#)

Posted: Nov 17, 2022 / 01:09 PM MST

Updated: Nov 17, 2022 / 01:09 PM MST

SHARE    

- On the second hour of GTU this morning – What causes those dry lips in the winter? So many things can cause dry, wrinkled lips. “Dehydration, weather changes, certain lip balm ingredients (like menthol, camphor, phenol, and salicylic acid), vitamin deficiencies (specifically iron, zinc, and Vitamin B12), sun damage, and lip-licking can all cause dry lips,” explains Jennifer Weiss, a PA at Marmur Medical. Add to that list: sun exposure, mouth breathing, and wearing face masks (because, COVID), says Dr. Purvisha Patel, board-certified dermatologist and founder of Visha Skincare. Aside from external factors, “the skin on your lips is thinner than the rest of your body,” says Janna Ronert, esthetician and founder of IMAGE Skincare. “Your lips don’t have any oil glands, so they become more susceptible to dehydration and dryness,” she explains. Deena has what products you should be using to stop the dryness.
- Plus, planning a second date can be just as critical to sparking connection as what happens on the first date. While first-date conversation topics may be more straightforward to come up with, deciding how to follow them up may prove a bit more challenging. So, we talked with a couple of dating experts who have some advice on what makes a good second date. “I would say a good second date would be one in which you can continue to get to know each other and learn about one another,” says licensed marriage therapist Rachel Freidus, LMFT. “Explore your chemistry and attraction and have fun (flirt!) There’s no right or wrong activity, but being that first dates are usually more likely to be simple conversations (over

### This website uses cookies

Our Properties use cookies for the performance and functionality of our sites, to personalize content and advertisements, to provide social media features, for analytics, and to provide you with a better experience. By clicking “Accept” or by continuing to use our Properties, you accept the use of cookies. You can learn more about how we use cookies and California residents can exercise their right to opt out of the sale of their data by clicking here.

Accept and Continue

- And a former bride is hoping to save couples some money by sharing the wedding items she bought but didn't find worth it. Brooke McConnell (@ryanandbrooke) is joining the TikTok trend of pointing out how expensive the wedding process is. While other users have explained how they lessened the financial pressure on their bridesmaids, McConnell focuses on what brides really don't need on the big day — despite what many people may say. "I'm gonna make a list of the items that were just not worth it," McConnell said in the clip. "The first one being my wedding shoes." In a background photo, McConnell shared that she wore a pair of Jimmy Choo heels for her wedding. According to Jimmy Choo's bridal website, the cheapest pair of heels is \$695, and the most expensive is \$4,700. "No one ever saw them," McConnell pointed out. Tune in for the rest of her list or click here: <https://sg.news.yahoo.com/bride-shares-wedding-items-were-163907828.html>
- Thank you for tuning in for these Hot Topics and more this morning on GTU Hour 2!

Copyright 2022 Nexstar Media Inc. All rights reserved. This material may not be published, broadcast, rewritten, or redistributed.

### AROUND THE WEB



#### Here Are 5 of the Coolest Gifts for 2022

Amazing Options



#### Amazon Scrambles As Shoppers Discover Secret Deals

Online Shopping Tools



#### What a Walk-in Tub Should Cost if You're over 65

The Senior Scoop



#### Sneaky Way San Diego Homeowners Are Getting Their Old Roof Replaced

Smart Consumer Update



#### Your Memory is Photographic if You Can Name 16/30 of These Shows Correctly

Factable



#### If You Have Any of These 29 Toys, You're Rich

Definition



#### Triplets Take the Same Photo for 36 Years. the Last One Will Bring You to Tears!

Taco Relish



#### The Best Motorcycles from the 1970's, Ranked in Order

Brake For It



#### Always Pour Dish Soap in the Toilet Before Bed, Here's What Happens

Taco Relish



#### This website uses cookies

Our Properties use cookies for the performance and functionality of our sites, to personalize content and advertisements, to provide social media features, for analytics, and to provide you with a better experience. By clicking "Accept" or by continuing to use our Properties, you accept the use of cookies. You can learn more about how we use cookies and California residents can exercise their right to opt out of the sale of their data by clicking here.

Accept and Continue