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The 13 Best Lip Balms of 2023, Tested & Reviewed

These pout perfectors will have your lips looking and feeling healthy and hydrated in no time.

By Meg Storm | Published on September 1, 2023





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Whether you realize it or not, the lips are a part of your skin – and they need to be cared for as such. Unlike the skin on the rest of your face, however, the lips are significantly thinner (think: three or four layers thick compared to 15 or 16) and more sensitive.

There are a few reasons for this. For starters, the lips have a *very* thin stratum corneum, the uppermost layer of the epidermis that serves the important protective function of blocking UV radiation and locking in moisture. But that's not all. The lips don't have any sebaceous glands. These microscopic glands are responsible for excreting the sebum (read: oil) that conditions the skin. No oil glands equals no oil, which means the lips aren't getting any natural nourishment.

All of these factors leave the lips more susceptible to sun damage and dryness. Enter lip balm. The multipurpose tubes and pots are packed with moisturizing agents, skin barrier-boosting ingredients, and, in some cases, sun protection to keep your pout healthy and hydrated. With the help of top dermatologists, we narrowed down 27 of the top lip products on the market today and tested them for one month each to help you find the best one for you. After countless swipes and lip smacks, these are the best lip balms of 2023.

Our Top Picks

BEST LIP BALM OVERALL:

GOOPGENES Clean Nourishing Lip Balm at Goop.com



Jump to Review

BEST LIP BALM UNDER \$5:

Burt's Bees Original Beeswax Lip Balm at Amazon



Jump to Review

BEST TEXTURE:

Drunk Elephant Lippe Balm at Amazon Jump to Review **BEST LIP BALM WITH MINERAL SPF: Everyday Humans Milky Lip Balm at Amazon** Jump to Review **BEST TINTED LIP BALM:** Fresh Sugar Lip Treatment at Sephora \downarrow Jump to Review **BEST FLAVORED LIP BALM:** Glossier Balm Dotcom at Amazon $\mathbf{\Psi}$ Jump to Review **BEST HEALING LIP BALM: ILIA Reviving Balm at Sephora** \downarrow Jump to Review **BEST LONG-LASTING:** Kaike Lip Frosting at Shopkaike.com \downarrow Jump to Review **BEST GLOSSY FINISH: Laneige Lip Glowy Balm at Amazon** \downarrow Jump to Review **MOST VERSATILE: Lanolips 101 Ointment Superbalm at Amazon** \downarrow Jump to Review

Best Lip Balm Overall: GOOPGENES Clean Nourishing Lip

Balm

GOOPGENES Clean Nourishing Lip
Balm

PHOTO: GOOP

View On Goop.com

Why We Like It: This ultra-soothing and smoothing formula comes in clear and tinted shades.

It's Worth Noting: A little goes a long way with this luxe balm – a swipe on your top and bottom lip is all you need.

Whether you are trying to heal <u>chapped lips</u> or simply maintain a healthy pout, there is a lot to love about this chic rose-gold stick. We tested this cushiony <u>Goop lip balm</u> at sea level in New York City and at altitude in Denver, and the cocktail of moisturizing botanical oils (coconut, argan, castor seed, jojoba, and sunflower oils to be exact), antioxidant-rich pomegranate extract, and conditioning shea butter sinks into the lips and kept our pout pillowy and nourished for hours at a time.

This lippie comes in clear – which we find to be virtually imperceptible on the lips – and four your-lips-but-better hues (i.e. a sheer red, petal pink, translucent burgundy, and neutral rose) that all have a subtle coconut scent. Use it as a lip primer, lip balm, lip tint... basically whatever your heart desires.

Price at Time of Publish: \$20

Format: Stick | Key Ingredients: Shea Butter, Pomegranate Extract,

Botanical Oil Blend | **Shades**: 5 | **SPF**: No | **Size**: 0.16 oz.

Best Lip Balm Under \$5: Burt's Bees Original Beeswax Lip Balm

4.8 *****

Burt's Bees Lip Balm Valentines
Day Gifts for Her, Moisturizing Lip
Care Spring Gift, for All Day
Hydration, 100% Natural, Original
Beeswax with Vitamin E & Eamp;
Peppermint Oil (4 Pack)

PHOTO: AMAZON

View On Amazon

View On Walmart | \$11

View On Target | \$7

Why We Like It: This drugstore favorite envelopes the lips in a conditioning cocoon that works alone, under lipstick, or as an overnight mask.

It's Worth Noting: Peppermint oil provides a cooling, minty tingle that may irritate more sensitive lips.

There is a reason this budget-friendly tube shows up on just about every 'best lip balm' list. Responsibly sourced beeswax creates an occlusive barrier on the lips, while vitamin E acts as a moisturizer to soften and condition dry lips. We found <u>Burt's Bees Original Beeswax Lip Balm</u> glides on smooth and settles into a colorless matte finish that makes it ideal for layering under pigmented lipsticks and lip glosses or slathering it on before bed as an overnight mask. The peppermint oil imparts a cooling tingle at first, but, once that wears off, we forgot we had anything on.

Price at Time of Publish: \$4

Format: Stick | Key Ingredients: Beeswax, Vitamin E, Peppermint Oil |

Flavors: N/A | SPF: No | Size: 0.15 oz.

Best Texture: Drunk Elephant Lippe Balm

Ulta Drunk Elephant Lippe Balm

PHOTO: ULTA

View On Amazon | \$18

View On Sephora | \$18

View On Ulta | \$18

Why We Like It: The buttery soft balm simultaneously soothes chapped skin and plumps the pout.

It's Worth Noting: The packaging is 100% recyclable – no disassembly required.

If you are looking for an immediate dose of moisture that goes on like butter but doesn't slide around, this subtly plumping <u>Drunk Elephant lip</u> <u>balm</u> is it. A blend of antioxidant-rich avocado, mongongo, cranberry seed, and marula oils moisturize the lips and boost barrier function, and a tripeptide makes the pout look fuller and improves the definition of the lip line.

We tested this lippie both in the Texas heat and while on a cruise in Alaska, and it kept our lips soft and supple despite the extreme weather conditions. Upon application, the lips look instantly hydrated and have a soft shine that gives the illusion of a healthy glow.

Price at Time of Publish: \$18

Format: Stick | Key Ingredients: Avocado Oil, Shea Butter, Tripeptide-1 |

Flavors: N/A | SPF: No | Size: 0.13 oz.

Best Lip Balm with Mineral SPF: Everyday Humans Big Mood SPF 30 Milky Lip Balm

Amazon Everyday Humans Big Mood SPF 30 Milky Lip Balm

PHOTO: AMAZON

View On Everyday-humans.com

View On Revolve

Why We Like It: Mineral sun protection that glides on effortlessly without being too slippery or greasy? Sign us up.

It's Worth Noting: The zinc oxide-based sunblock gives this balm a subtle white cast that disappears when rubbed into the skin.

Forget what you think you know about traditionally thick and waxy mineral sunscreen lip balms, this protective tube features fatty acid-rich shea butter, jojoba oil, and argan oil that allow it glide on like a dream while restoring moisture. We like that the combination of anti-inflammatory oat extract and blue agave gives the balm a subtle oat milk latte-inspired scent and flavor.

Zinc oxide provides SPF 30 mineral-based protection that makes it great for beach and pool days, skiing, and outdoor activities. We found that the zinc oxide gives the tube the slightest white cast, but it largely disappears once you rub your lips together.

Price at Time of Publish: \$8

Format: Stick | Key Ingredients: Zinc Oxide, Oat Extract, Blue Agave |

Flavors: N/A | SPF: 30 | Size: 0.15 oz.

Best Tinted Lip Balm: Fresh Sugar Lip Treatment

4.5 ★★★★★

Ulta Fresh Sugar Lip Treatment

PHOTO: ULTA

View On Sephora

View On Ulta | \$25

View On Walmart | \$49

Why We Like It: The multitasking tube combines your lip care and lip color steps for a hydrating tint.

It's Worth Noting: Be aware that this balm melts in the sun and warm temperatures, so don't leave it out on a hot day.

What happens when you combine the moisturizing properties of a lip balm with the color pop benefits of a lip stain? You get this cult-favorite satinfinish stick that comes in a dozen sheer shades ranging from berry pink to tawny taupe, plus a sheer option. As its name suggests, sugar from beetroot and sugar cane hydrate and soften the pout, while grapeseed and cranberry seed oils smooth and soothe.

"I have — and I just counted — seven of these <u>Fresh lip balms</u> in various shades scattered around my drawers, purses, and pockets," says <u>Kristen Geil</u>, *Shape* senior commerce editor. "They're sheer yet buildable, the perfect solution for a low-maintenance beauty routine like my own."

Unlike lip balms with a waxier finish, this formula has an almost slippery quality upon application that impressed us because it immediately improved the overall tone and texture of our lips. Applying the product throughout the day, the wash of color is buildable and akin to a hydrating

lip stain.

Price at Time of Publish: \$25

Format: Stick | Key Ingredients: Sugar, Grapeseed Oil, Vitamins C & E |

Shades: 12 | **SPF**: No | **Size**: 0.15 oz.

Best Flavored Lip Balm: Glossier Balm Dotcom

Glossier Balm Dotcom

PHOTO: GLOSSIER

View On Amazon \$21

View On Glossier.com

Why We Like It: This vegan tube comes in a variety of sweet-smelling scents and shades.

It's Worth Noting: You can also use this multipurpose ointment on dry cuticles, elbows, etc.

Like a grown-up version of your favorite childhood lippie, these flavored lip balms from Glossier come in nine scents ranging from super sweet birthday cake to refreshing mint (there is also an unscented option if that is more your speed). Some, like the Rose, Berry, and Mango flavors, even have a hint of tint.

"I stash this in my car since it's sturdy enough not to melt in the heat," adds Geil. "I can swipe it on at stoplights and look a little more pink and polished wherever I'm heading." She warns that you do have to use your fingers to apply the balm, and a little goes a long, long way.

The vegan formula features a nourishing combo of hydrating humectants (hi, castor jelly), conditioning emollients (synthetic beeswax and shea butter), free-radical fighting antioxidants (in the form of vitamin E acetate), and barrier-boosting oils (specifically, safflower) that is glossy but not sticky and doesn't irritate our often sensitive skin. While the balm often left our lips hydrated for hours on end, we found ourselves reapplying purely to enjoy the scent.

Price at Time of Publish: \$14

Format: Tube | Key Ingredients: Castor Jelly, Synthetic Beeswax, Vitamin E |

Flavors: 9 | SPF: No | Size: 0.5 fl. oz.

Best Healing Lip Balm: ILIA Lip Wrap Reviving Balm

ilia-lip-wrap-reviving-balm

PHOTO: SEPHORA

View On Sephora | \$24

View On Walmart | \$21

View On Credo Beauty

Why We Like It: This skin barrier-boosting treatment is designed to heal dry, chapped lips.

It's Worth Noting: The high-shine finish of this formula more so resembles a lip gloss than a lip balm.

This <u>rich lip balm</u> instantly revives dry lips, while also treating chapping and flaking over time thanks to skin-strengthening salicornia (a.k.a. sea succulent), hydrating hyaluronic acid, and barrier-boosting prickly pear oil. As the name suggests, the occlusive balm makes our lips feel like they are wrapped in a gentle, moisturizing hug that shields them from the outside world. "This is the best lip balm I've tested in a *long* time," says Geil. "I found myself reaching for it multiple times a day — not because it dried my lips out, but because it felt so silky smooth on my mouth"

The ceramic applicator cools on contact to calm the lips, while the naturally derived lavender and chamomile scent calms the senses. The translucent, glossy finish looks great on its own or on top of lipstick, but it is not as easy to layer underneath other products.

Price at Time of Publish: \$24

Format: Tube | Key Ingredients: Salicornia, Hyaluronic Acid, Prickly Pear Oil |

Flavors: N/A | SPF: No | Size: 0.23 fl. oz.

Best Long-Lasting: Kaike Lip Frosting

Kaike Lip Frosting

View On Shopkaike.com

Why We Like It: This balm needs just five ingredients to keep the lips nourished all day long.

It's Worth Noting: Vanilla bean, coconut oil, and mango seed butter combine to create a subtle tropical scent.

If Goldilocks were to test lip balms, she would say this <u>frosting-inspired</u> <u>formula</u> is just right. Not too thick and not too thin, the velvety candelilla wax-based coats the lips in a nourishing natural matte finish that stays put. Case in point: We slathered it on before a trip to the dentist and it was still on our lips when we left. Organic castor oil draws moisture into the skin, coconut oil helps lock it in place, mango seed butter softens the skin, and vanilla planifolia acts as a sweet-smelling antioxidant.

Price at Time of Publish: \$5

Format: Stick | Key Ingredients: Mango Seed Butter, Coconut Oil, Castor Oil |

Flavors: N/A | SPF: No | Size: 0.15 oz.

Best Glossy Finish: Laneige Lip Glowy Balm

Laneige Lip Glowy Balm

View On Amazon | \$18

View On Sephora

View On Kohls.com | \$18

Why We Like It: These glossy tints are like a glass of water for your lips.

It's Worth Noting: The curved applicator places the product exactly where you want it, so you don't need to worry about using your fingers.

Laneige is known for its internet-favorite Water Sleeping Mask, and these juicy lip balm tubes are basically its travel-friendly sister. Available in four flavors – Berry (a rosy pink), Gummy Bear (a cool-toned lavender, Grapefruit (a warm coral), and Peach (a bright orange) – these universally flattering tints pack a seriously moisturizing punch thanks to shea and murumuru butters. Our lips feel immediately revived after applying the glossy balm, and the hydrating effect lasts long after the shine wears down.

Price at Time of Publish: \$18

Format: Tube | Key Ingredients: Shea Butter, Murumuru Butter | Flavors: 4 |

SPF: No | **Size**: 0.35 fl. oz.

Most Versatile: Lanolips The Original 101 Ointment Superbalm

Lanolips 101 Ointment Multipurpose Superbalm PHOTO: LANOLIPS

View On Amazon | \$17

View On Ulta

View On Target | \$17

Why We Like It: This lanolin-based workhorse can be used for everything from a lip balm to a nipple cream – yes, really.

It's Worth Noting: While you may want to warm up the ointment between your fingers for easier spread, don't store it above 77°F to prevent melting.

Made with one ingredient – a pure-grade lanolin with a molecular structure that mimics human oils – this <u>versatile ointment</u> can be used to heal chapped lips, condition cuticles, soften rough elbows, nourish nipples during breastfeeding, and just about anything else you can think of.

We tested it on dry, cracked lips that we have a habit of biting and appreciated how it immediately soothed and smoothed our sensitive skin without any burning or irritation. The cushiony balm, which absorbs into the skin over several hours, has a natural finish that is not greasy or slippery – meaning it also makes an ideal overnight lip mask.

Price at Time of Publish: \$17

Format: Tube | **Key Ingredients**: Lanolin | **Flavors**: N/A | **SPF**: No | **Size**: 0.52 fl. oz.

Best with SPF: NIVEA Smoothness Lip Care SPF 15

Walmart NIVEA Smoothness Lip
Care SPF 15

PHOTO: WALMART

View On Walmart | \$5

View On Niveausa.com

Why We Like It: SPF 15 is the cherry on top of this otherwise deeply moisturizing lip balm.

It's Worth Noting: The chemical sunscreen ingredients may irritate very sensitive or cracked lips.

Equal parts lip care and sun care, this <u>dual-purpose lip balm</u> features broad spectrum SPF 15 protection thanks to chemical sunscreen blend of avobenzone, octinoxate, and octocrylene. Beeswax and shea butter join forces with jojoba, avocado, and castor seed oils to deliver lasting moisture that we found sinks in nicely to our parched pout. Aloe adds an additional soothing benefit.

The stick has a spa-like cucumber and melon scent and velvety texture that we couldn't get enough of, and the balm imparts a subtle sheen that revitalizes the appearance of dry, chapped lips. Apply the balm at least 15 minutes before sun exposure to ensure proper protection.

Price at Time of Publish: \$4

Format: Stick | Key Ingredients: Shea Butter, Jojoba Oil, Aloe | Flavors: N/A |

SPF: 15 | **Size**: 0.17 oz.

Best Plumping: Rhode Peptide Lip Treatment

4.9 ★★★★

Rhode Peptide Lip Treatment

PHOTO: RHODE

View On Rhodeskin.com

Why We Like It: This peptide-infused lip treatment immediately plumps the pout while also offering lasting hydration.

It's Worth Noting: This glaze-like formula wears more like a lip gloss than a lip balm.

You've likely seen this <u>plumping lip treatment from Hailey Bieber's skincare</u> line on social media and wondered if it's worth the hype. We're here to tell you it is. Available in four tinted flavors – Strawberry Glaze, Salted Caramel, Watermelon Slice, and Rhode Vanilla – and an unscented clear option, the thicker lip gloss-like formula is packed with nourishing shea butter, cupuacu, and babassu, in addition to plumping peptides.

While we're not usually fans of volumizing formulas because they can be stinging or sensitizing, this one made our lips look immediately more pillowy and luscious without any irritation. The high-gloss finish wears away over time but soft, supple lips remain.

Price at Time of Publish: \$16

Format: Tube | Key Ingredients: Shea Butter, Peptides, Cupuacu | Flavors: 5 |

SPF: No | **Size**: 0.3 fl. oz.

Best Pigmented Balm: Tower 28 JuiceBalm Tinted Lip Balm

Tower 28 JuiceBalm Tinted Lip
Balm

PHOTO: TOWER 28 BEAUTY

<u>View On Sephora</u> | <u>\$16</u>

View On Credo Beauty

View On Kohls.com | \$16

Why We Like It: These brightly pigmented balms combine your lip care and lip color steps into one swipe.

It's Worth Noting: The hydration benefits last longer than the color, so you may need to reapply more often to maintain your lip look.

'High color payoff' and 'lip balm' are not two phrases often used in the same sentence, but <u>these sleek sticks</u> prove they can coexist. Shea butter, mango seed oil, and antioxidants (specifically vitamins C and E) soften and hydrate the pout for an instantly moisturized look and feel, while vegan pigments add a pop of color.

The four buildable shades, which include a warm nude, sheer pink, deep berry, and bright coral, feature a dewy finish and settle into a stain-like effect on the lips that doesn't bleed or slide around. We needed to reapply after eating and drinking to maintain the color, but our lips felt sufficiently hydrated the whole time.

Price at Time of Publish: \$16

Format: Stick | Key Ingredients: Shea Butter, Mango Seed Oil, Vitamins C &

E | **Shades**: 4 | **SPF**: No | **Size**: 0.09 oz.

How We Tested

We narrowed down our search for the best lip balms to 27 products that are top sellers, cult favorites, or loaded with unique technology and ingredients with the help of board certified dermatologists <u>Claire Wolinsky</u>, <u>MD</u>, <u>Dustin Portela</u>, <u>DO</u>, and <u>Debra Jaliman</u>, <u>MD</u>. Our testers then tried them out multiple times a day over the course of a combined 26,784 (!) hours and judged them based on four different criteria – feel, hydration, look, and value. They described and rated their experiences, and, based on their feedback, 13 winners emerged as the crème de la crème of all lip balms.

What to Know About Lip Balm

Benefits

Because the skin of the lips is thinner and lacks the water and oil that provides natural conditioning, your pout is much more likely to experience dryness and chapping. "Unlike the rest of our skin, lips don't have sweat

glands, so they're not able to produce their own sweat and oil," says Nkem Ugonabo, MD, a board certified dermatologist in New York City. "They also have an overall decreased water content, which makes them more susceptible to becoming dry and rough." Nourishing lip balms packed with moisturizing and skin-strengthening ingredients can help to replenish the pout. Because the lips can't produce their own oils or hold moisture for very long, Dr. Ugonabo recommends patients give their pout a little extra TLC by regularly reapplying lip balms or ointments.

Key Ingredients

The purpose of lip balm is to nourish and moisturize the lips, which means the ingredients in it should be conditioning and hydrating. Humectants like hyaluronic acid draw moisture into the skin, while emollients like ceramides, petrolatum, squalane, and shea butter seal it in. Antioxidants like vitamin C and vitamin E can also help with hydration, while offering free radical protection as well. If you are experiencing rough patches, alpha hydroxy acids like glycolic acid and lactic acid can help gently exfoliate away dead skin cells.

Just as important as what is in your lip balm is what is not. If your lips are chapped, a good rule of thumb is to avoid anything that could be irritating. "You want to be sure [lip balms] don't have fragrances, menthol, camphor, or salicylic acid," Dr. Ugonabo cautions. "If you're using a product and you feel like it's not getting better, you should generally consider switching to something more bland."

What irritates one person's lips might be fine for someone else, but <u>Rachel Westbay. MD</u>, a board certified dermatologist in NYC, says eucalyptus, certain flavorings (like cinnamon, citrus, mint, and peppermint), fragrance, lanolin, menthol, octinoxate or oxybenzone, phenol, and propyl gallate can all cause sensitivities – especially if the lips are already compromised. Her advice: "If your lips burn, sting, or itch after using a lip product, stop using that product."

Sun Protection

Here's the thing: You should be wearing sunscreen (minimum SPF 30) on your face every day regardless of the weather, the season, or if you are spending time outside. Since the skin of the lips is even thinner than the rest of the body, your pout is even more likely to sunburn. Regularly applying and reapplying a SPF-infused balm can protect your lips from the damaging UV rays that cause premature signs of aging around the mouth (think: lip thinning, fine lines, and wrinkles) and, in more serious cases, skin cancer.

If you're prone to chapping, dryness, or other sensitivities, lippies with mineral sunblock are usually less irritating than their chemical sunscreen counterparts. "Lip balms with mineral sunscreen ingredients, like titanium dioxide and/or zinc oxide, are typically the most optimal choice for those with chapped lips," Dr. Westbay advises. Reapply at least every two hours for maximum protection.

Color/Tint

If you are looking for your lip balm to double as a pop of color, a tinted option may be for you. There are lip balms, ointments, and oils that have deeply hydrating and nourishing properties while also coming in various shades, but the color payoff of these products is usually not as strong as a traditional lipstick or lip gloss. If you are looking to rock a bold lip, your best bet is to layer a conditioning lip balm under more pigmented products. That way, you can hydrate your pout without sacrificing the overall look. This layering technique is a particularly good hack if you are using an ultramatte or liquid lip formula, as those tend to be more drying.

Frequently Asked Questions

Does lip balm expire?

Like all beauty and skincare products, lip balms have a shelf life and are best used within a certain period of time. Lip balms with sunscreen ingredients come with a specific expiration date either on the product itself or the outer packaging. The efficacy of the sun protection degrades over time, so using an SPF lip balm past its prime means you're getting less coverage or none at all.

For lip balms without SPF, you'll want to look for the symbol on the tube or pot that looks like a jar with its lid coming off and has a number like '6M' or '12M' written inside. That means the product is good for six months or 12 months from the time it is opened. Using the lip balm for longer than that allotted time means ingredients – including all-important preservatives that prevent bacteria from building up – may lose their potency.

What causes chapped lips?

There are many reasons why your lips may become dry, chapped, and/or flaky. Antomonically, the lips lack the sebaceous (read: oil) glands the rest of the skin on the body relies on to stay conditioned. Thinner lip skin also has a decreased water content. That combo makes them naturally more sensitive and prone to dryness, but there are environmental factors at play as well. Cold, dry climates mean less moisture in the air, which can wreak havoc on your lips. Certain medications, like Accutane, may also dry out the skin – including your pout – so be sure to discuss such side effects with your doctor.

Another sneaky culprit? Licking your lips. "Licking your lips can actually make them drier," Dr. Ugonabo explains. "After saliva evaporates, the lips are often even drier than when it started." And please don't peel off any flaking lip skin. "You could be exposing even more of the lips and causing even more dryness," she cautions.

Why Trust Shape

Meg Storm is a freelance writer and editor with nearly a decade of experience covering the beauty, health, and wellness industry for AEDIT, Town & Country, Us Weekly, and more. She will try just about anything for

the sake of a story and likes to focus on simplifying the clinical side of skincare so consumers can better understand how ingredients and products work and make informed decisions about what will work best for them.

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