



## 39210 - Can You Moisten Your Lips With Balm While Fasting?

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### the question

What is the ruling on a fasting person using cream to treat dryness of the lips?

### Summary of answer

There is nothing wrong with moistening the lips and nose with balm or wetting them with water or with a cloth and the like.

### Detailed answer

Praise be to Allah.

“There is nothing wrong with a person using something to moisturize the [lips](#) and [nose](#) , or wetting them with water or with a cloth and the like. But he must take care to avoid letting any of these moisturizers reach his stomach, but if any of that reaches his stomach without him intending it to, there is no sin on him, just as if he were to [rinse his mouth](#) and some water were to reach his stomach without him intending it to, that does not break his fast.” (Fatawa Ibn ‘Uthaymin, 19/224)