

Sunburns and Our Skin

Sue talks about Sunburn and some natural remedies to prevent sunburn and what you can do if Sunburn does occur.

Sun Prevention:

In a Spray Bottle, Mix:

- *Water, 1-2 Tbsp.*
- *Epsom Salt*
- *5 drops Lavender*
- *1 drop Thyme*

Simply Oils Sun Stick

Non-nano zinc oxide, raspberry seed oil, carrot seed oil, coconut oil, lavender essential oil, manuka essential oil, helichrysum essential oil, frankincense essential oil.

If Burn Occurs:

- **Witch Hazel, Aloe Vera, Calendula Tincture, St. John's Wart Tincture, and Lavender Essential Oilthese elements combined are the best healing combination that I have ever used. If not all items are available, any of them are excellent for healing even when used alone.**

Witch Hazel

Aloe Vera

Calendula Tincture

St. John's Wart Tincture

Lavender Essential Oil

Homeopathic Remedies:

Cantharis- for burns or all kinds, 1st to 3rd

Hypericum – Pain of burn

Calendula-is an excellent homeopathic remedy as well as tincture for healing of the skin

Causticum- an excellent remedy for burns; esp. if a chemical is involved in the burn.

Pulsatilla- when child whines from burn.

Aconite- for Exposure

Belladonna- esp. when pupils are dilated

Muratic acid- severe burn

For Sunstroke, an Excellent Remedy besides **ACONITE** for exposure is **Natrum Sulph**. This remedy quickly helps to restore the sodium imbalance that always takes place if Sunstroke or Heatstroke occurs.