SUNBURNS

I'm sure by now we all are aware of how Aloe Vera Gel will help alleviate sunburns. Many people keep a little plant growing in their homes for just this purpose, opening a leaf and using the sticky gel directly on the burn. Some also keep Lavender Oil on hand for burns, very good at preventing scarring also, just apply the essential oil (aromatherapy) undiluted, directly to the burn. We have also used Vitamin E oil, but it is a little expensive and not always easy to find.

How about using english tea for sunburns? You can brew a very strong pot of tea, then soak a towel into the tea and apply to the burn area. If the whole by is burned, make a bathtub of tea and soak the whole body in it after the temperature comes down to tepid (barely warm).
You can also apply cold, used tea bags to sun burned eyelids to help with the pain and swelling.
Mayonnaise has also been used for sunburns. You can make your own, or buy.

Another trick for burns is to use plain yogurt (no fruit, sugar, chemicals), and apply it directly to the burn. It feels lovely and cool.

Finally, an old fashioned remedy has filtered through to us to use potato peelings. For minor burns potato peel bandages have been used in the past. The potato has nice moisture as well as anti-bacterial properties.

Let's not forget homeopathy: make a cantharis tincture by diluting 1 part cantharis to 10 parts of water. Apply cotton dressing soaked with this loosely to the burn, keep the dressing wet.