



Too Much Fun In The Sun?

It's happened to all of us. We forget to reapply sunscreen or stay out in the sun too long, and our skin pays the price. Next time you get sunburned, try some of this healing advice.

- *Take a cool shower and avoid using soap. Gently pat skin dry.*
- *Soak in a cool bath of colloidal oatmeal and 2 tablespoons of baking soda. Rinse well.*
- *Soothe skin with 100% aloe vera gel or break off an aloe vera leaf and use its natural juice.*
- *Nourish skin with an after-sun moisturizer. (Chill before-hand for extra relief.)*
- *Drink green tea, rich in antioxidants. Save and chill the teabags to depuff eyelids.*
- *Wear loose clothing made of natural fibers like cotton. Avoid elastic and binding straps.*
- *Use anti-inflammatory meds (acetaminophen, aspirin, ibuprofen) to relieve pain and itching.*
- *Do not pop blisters or peel skin. Let skin repair itself so you avoid infections or scarring.*

Eat Healthy. Be Happy.

864.578.0446 ■ 3769 Parris Bridge Road, Boiling Springs, SC 29316 ■ BelueFarms.com