

## Quick Tips for Sunburn Relief

Written by Victoria Fouts

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We all get sunburned at some time or another during the summer. Thankfully, there is a way to make the healing process a little less painful. Dr. Suneil Jain, a naturopathic doctor of Rejuvena Health & Aesthetics, provides excellent tips on how to fix the burn faster.



When looking for sunburn relief, both natural and homeopathic solutions become available. For those wanting to ease the pain with the help of nature, use the old stand-by aloe vera gel or the lesser known treatment, Calendula salve. Fresh aloe vera helps prevent infection thanks to its antimicrobial properties. Calendula salve can be used for its anti-inflammatory and healing traits. Dr. Jain suggests that “increasing your intake of vitamin C and applying vitamin E topically will help your immune system because they act as antioxidants in healing oxidative damage to the cells.”

As for man-made cures, there are a bevy of options to choose from. Stop by your local drug store and pick up burn remedies such as Arnica, Cantharis, Urtica and Causticum to help relieve burning sensations associated with minor to third-degree sunburn.

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It is vital that you keep burned skin moisturized and protected from further sun damage. “Keeping the skin moist with these natural moisturizers, such as aloe, calendula, and vitamin E can relieve dryness, tightness, and reduce the appearance of peeling,” advises Dr. Jain. Sunscreens containing zinc oxide are the most beneficial for those already burnt. Zinc oxide physically blocks the sun rays by reflecting, rather than absorbing, them. These effects are immediate allowing users to apply directly before sun exposure. Sunscreens containing DNA- destructive chemicals carcinogens like oxybenzone and avobenzone should be avoided.

Makeup is best avoided during the healing process. However, if application is unavoidable, try using natural, non-comedogenic mineral makeup that contains sunscreen in its composition. Remember that your make-up will peel along with the sunburnt skin. Most importantly, you must avoid the temptation to peel the skin from your sunburn. This can cause hyperpigmentation, permanent, lasting damage. Be gentle with burnt skin; do not pick, exfoliate, or rub the area as it could complicate and slow the healing process. Exfoliating products such as glycolic acid, retinol and salicylic acid are too rough on burnt skin and should be put away until later. Make sure you find a gentle cleanser that will not irritate the skin. Finally, make sure to avoid further time in the sun and strenuous exercise. More sun will only worsen your skin's condition while intense exercise will only serve to aggravate it. Follow these sunburn solutions and your skin will be healed and beautiful again in no time.