

# Sunburn: Top 7 latest Natural Solutions to Soothe Skin



Sunburn

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Sunburn is basically rash and painful skin that occurs due to ultraviolet rays of the sun. our homemade natural home remedies help soothe our skin but it can take some days to fade away. You can take care of your skin by protecting your skin.

Sun is also necessary for us because it provides vitamin d as well but sometimes exposure can lead to problems. Spending a lot of time in the sun can lead to this critical situation but don't panic just try to follow these remedies.

Protect yourself from the Sun and make sure to apply sunscreen for outdoor activities.

Go ahead,

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### *7 Best Solutions to Prevent Yourself from Sunburn*

#### *1. Go away from the Sun*

Definitely, our first step should be to get away from the sun to prevent more damage to our skin. Surround yourself in a cool place to provide yourself some relief.

#### *2. Take a bath*

Take a bath in cold water because our blood vessels immediately need to calm down to cure inflammation and pain caused by sunburn. As the water will touch the skin, it will give you joy and pleasure in it.

#### *3. Avoid Skincare*

Avoid skincare for some time until you get relief because you are already facing a problem. Make sure to avoid products as well because they can stop the healing process and can cause more problems.

#### *4. Used Ice Cubes*

It is recommended for soothing to apply ice cubes to your affected area because it will heal your inflammation and cool down your skin. You must know that skin is already a sensitive part and after sunburn, it gets more sensitive.

## *5. Wear loose Clothes*

It is important to wear loose clothes to get relief from getting touch with the skin. It will be helpful for you for fast recovery.

## *6. Drink Water*

It is very important to increase the intake of water, especially in summer, as you know that it is good for the hydrating body and for healing, we need to add lots of liquid to our diet to prevent sunburn. Additionally, plays a part in keeping our bodies cool.

## *7. Aloe vera*

Aloe vera has special anti-inflammatory properties for healing sunburn. Apply it and you will be a wonder to know its benefit. It has collagen and it works faster to heal sunburn. It is recommended to take it from the plant.

## *8. Baby wipes*

You will be shocked to know that wipes are useful for getting our skin cooled.

## *Q: When to consult a doctor for a severe condition?*

If you are not getting recovered and symptoms are getting worse then you should consult the doctor immediately. If you notice these symptoms then it is essential to seek medical help. symptoms are given below

1. Nausea
2. Fever
3. Itching'
4. Purple patches
5. Spreading sunburn

6. Blisters on skin
7. weakness

If you are noticing any symptom that is mentioned so you need to go to your GP.

### *Preventing Tips*

1. Do not take shower with warm water
2. Don't ignore symptoms
3. Take anti-inflammatory medicine suggested by the consultant
4. Consult GP
5. Use sunscreen for outdoor
6. Try home remedies

### *Here are some 5 home treatments*

#### *1. Oatmeal*



Take an oatmeal bath. Put it in the socks and place it in bathwater.

#### *2. Baking Soda*



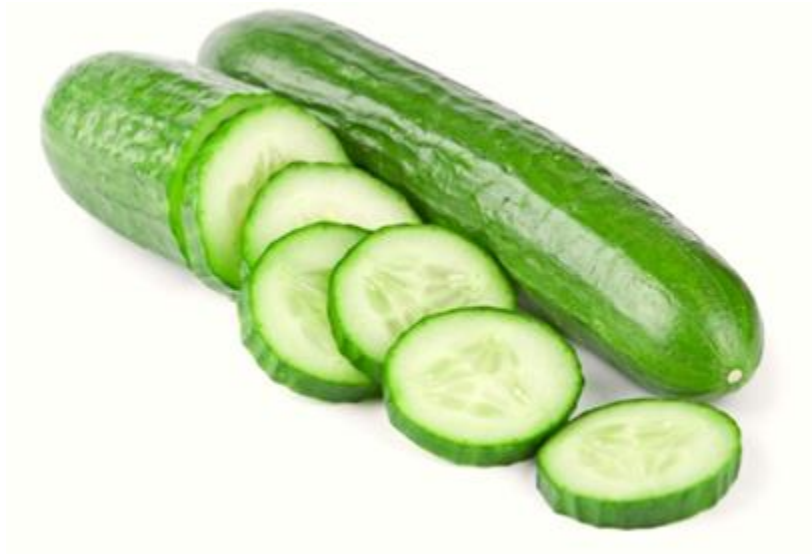
Beneficial for reducing inflammation

### 3. *Cider Vinegar*



Helpful for reducing inflammation and itching as well

#### 4. Cucumbers



It is rich in antioxidants and is a pain reliever. Mash cold cucumbers, make their paste and apply it to the affected area of sunburn.

#### 5. Milk Moisturizer



Milk is an essential nutrient and is useful for sunburn because it contains protein that provides soothing to the skin. I advised using milk-based lotion to gain its advantages.

## *Frequently Asked Questions*

*Q: How long does sunburn last?*

It depends on your condition but usually, minor sunburn will take three days approximately and severe sunburn can take a whole week.

*Q: Is coconut oil good for sunburn?*

No, don't use it because it can delay the healing process, and instead of it, use aloe vera for quick healing.

*Q: How to get rid of sunburn quickly?*

- Get away from the sun
- Drink a huge amount of water
- Take paracetamol

*Q: what to do when your child is suffering from sunburn?*

- Give liquid diet
- Apply aloe vera gel
- When sending him out, make sure to cover all the areas of the body until gets recovered from sunburn.

Seek medical advice if your child,

- If having blisters
- Severe pain
- Fever
- Having headache or fainting

- Dehydration

*Q: What are tips for sunburn prevention?*

- Please avoid going out between 10 am to 4 pm because, at this time, rays are at their peak.
- Use hats, sunglasses, pants, an umbrella, and full sleeves clothes.
- Make sure to apply sunscreen about half an hour before leaving home

## SUMMARY

Try this natural solution and remedies to cure and prevent skin from getting more damaged. If not preventing yourself from these ultraviolet rays, can lead to many skin issues. People with sensitive skin are at more risk to have skin burns and a fair complexion

But it can be healed by taking preventive measures and following tips. I hope that this information provided by me will be helpful to you. No need to worry because there are many solutions and medical professionals are also available.

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