

Aromatherapy for Sunburns

Sunburns result from too much direct sunlight. Though most people understand the importance of avoiding over-exposure to the sun, sometimes people accidentally become sunburned. This result from applying sunscreen incorrectly, or not reapplying it after prolonged sun exposure. Many people are not diligent in reapplying sunscreen after swimming and may accidentally become sunburned. Sunburns are not only painful but they can also be extremely dangerous. Too many sunburns can cause premature aging, damage the skin, and lead to skin cancer. Prevention is the most effective treatment for sunburn.

If you are suffering from a sunburn you need to realize that it is equally serious as being burned by a stove or an open fire. Like other burns, sunburns have degrees. Severe sunburns may cause the skin to develop severe blisters. It is important to treat your sunburn with the same diligence and care that you would with any serious burn. One of the most often recommended sunburn treatments is aloe vera gel. Aloe vera gel is found inside the aloe vera plant. You can harvest your own aloe vera gel by slicing open one of the plant's leaves and scraping out the aloe vera gel. This gel may be directly applied to the sunburn to provide immediate relief.

Another great sunburn remedy includes combining six drops of Peppermint oil with four drops of Lavender oil. Mix these oils together and apply directly to the sunburn. Peppermint oil has cooling properties and lavender has soothing properties for the skin. Peppermint oil or lavender oil can also be added to a base of aloe vera gel. This wonderful remedy will remove the sting of burn while also cooling and soothing the skin.

Peppermint oil and lavender oil can also be added to a nice cooling bath. Lukewarm water may be the temperature preferred by the sunburned skin, but be careful to avoid becoming chilled. Peppermint can become very cooling so if you feel that you are getting too cool, you may need to reduce the amount of peppermint oil added to your bath. Once the sunburn begins to heal, you can also include the use of lotions and oils to keep the skin well-hydrated and moist. You may continue to apply aloe vera gel, but you may want additional moisture as well. When the pain and sting of the sunburn has eased, supplement your treatment with a lotion or cream to prevent the skin from peeling and to keep it soft and supple.

It is vitally important to keep children out of direct sunlight and prevent them from getting sunburned. Make sure to regularly apply sunscreen as directed on the bottle or tube, especially after swimming or prolonged exercise. Keep in mind that some essential oils will make your skin more sensitive to the sun. Make sure that you read all safety precautions and avoid exposure to the sun during the use of these essential oils. Also, if you are pregnant take care in choosing essential oils. The use of many essential oils may damage your unborn baby or cause premature labor. Finally, treat your essential oils with the same respect that you would prescription medicine.