



Good Matters™ Blog

Get Natural Sunburn Relief from Kitchen Pantry Goodies

By: Angela Tague

Over the weekend, I decided to try a local outdoor yoga class. Feeling the grass between my fingers, listening to birds chirp, and focusing my gaze on the green branches of the tree above me were amazing.

What wasn't so amazing was the sunburn I came home with. I didn't think to pack sunscreen, so this week I'm doing every natural sunburn relief trick I can think of to calm the redness and sting on my back and shoulders.

As a little girl, my grandmother would trim long stalks from her aloe vera plant and squeeze the thick natural ointment from the cutting to heal my burn. Later, I learned white vinegar can also be dabbed gently on my skin to remove the discomfort. I've been doing both this week, and I'm slowly healing. So, I started wondering: what other natural ways can you treat a burn?



After staying outside too long over the weekend, I applied white vinegar for natural sunburn relief on my shoulders and back. This technique makes knowing how to relieve a sunburn much easier.

Preventing a Sunburn

Dr. Gabrielle Francis, a naturopathic doctor from New York City, says you should “choose broad-spectrum sunscreens with SPF between 15 and 30, and reapply every two hours and/or after swimming or sweating. Use mineral-based zinc oxide or titanium oxide sunscreens, which are more effective than chemical-based varieties.”

For a more natural approach, “take omega-3 oils before and after sun exposure,” she adds. “As a general recommendation, take one tablespoon of omega-3 or flaxseed oil daily.” Speaking of natural, keep in mind you can also now find lightweight clothing with an ultraviolet protection factor (UPF) woven into the fabric.

Have you been out in the sun a little too much this summer? How are you naturally soothing sunburnt skin? Tell me in the comments below.