

Healing Sunburns

The easiest, fastest and cheapest way I have found to heal burns of all kinds, especially a bad sunburn, is with Lavender Essential Oil. I have seen lobster red burns fade to barely pink within an hour and hot, uncomfortable skin feel normal within minutes.

Simply apply Lavender Ess. Oil to the burned area at 50% strength. Lavender is ok to use undiluted for severe burns but the scent can be strong when using over a large area or near your face, When using Lavender on your face it's best to dilute to 25% for your sinuses' sake. At worst your eyes will water and the smell can be intense. Both will dissipate in a minute or so, and neither is harmful.

You will get the best results with Lavender if you follow these few guidelines:

* Apply Lavender Essential Oil to burned skin as soon as possible. If you can apply it the same day you received your burn, you should be significantly healed by morning.

* Take a lukewarm shower first, then apply the Lavender oil. No hot showers!

* Use only pure Lavender Essential oil, lotions or creams with Lavender are not the same, they may not do anything, and at worst they could contain ingredients that will actually worsen your burn.

* Drink lots of water. Water is important for hydration. Since you have suffered a burn, you need to replenish that water.

* Wear loose comfortable clothes; natural fibers are best so your skin can breathe and not have tight clothing constricting it.

* You can apply olive oil as well for added healing. (oil stains silk so no silk clothing)

* Repeat application if needed.

* Get plenty of rest. We heal in our sleep.



next time, remember the sunscreen!



Refreshing Summer Drinks

Ginger Limeade

This drink is full of vitamin C and the ginger helps heal sore, scratchy throats. But I make it because it tastes great! In a blender combine: Choose either a whole lime, or whole lemon or ½ lime and ½ lemon. Remove the peel and seeds and put the rest in the blender with an inch of peeled fresh ginger, 4 cups water, and honey or maple syrup to taste. Blend together, strain and serve over ice. It's as refreshing as it is healing!

Mint Refresher

Mint helps cool the body, freshens your breath and aids in digestion. A big handful of fresh mint leaves, (or you can brew a cup of mint tea) Add honey or maple syrup to taste. Blend, strain and pour over ice.

Smoothies

Try freezing your favorite in season fruits, then blend 'em up for delicious smoothies. For a thicker milk shake-like taste blend frozen bananas into the mix.



Welcome Summer!

Ahh, vacations, relaxation, days at the beach... We hope you have a wonderful summer, but if, by chance you find sunburns, bug bites, poison ivy, strained muscles, we have some helpful ideas.

Healing Essential Oils:

* Essential Oils break down with light and heat so use dark colored glass bottles for best results and store in a cool place.

Peppermint: cools the body and wards away bugs. Drop a few drops into a spray bottle filled with water and spray all over before you go outside. You'll feel cooler and mosquitoes won't want to bite you. Even better when you keep it in the fridge.

Tea Tree: heals foot and nail fungus, yeast infections and keeps infection out of cuts and wounds. Use full strength for fungus, cuts and wounds. For yeast infections: 2 drops on a wet washcloth and pat the area. Follow up with a few drops of Lavender ess. oil if the area is raw and inflamed.

Citronella and Lemongrass repel bugs, especially mosquitoes. But use these only outside or spray on your clothes. You may not like the smell.

