

# Quick Guide to Home Remedies for Sunburn Relief



Using a cotton ball lightly apply the **apple cider vinegar** to the burned area.

Soak in the bathtub filled with cooler water and 1 – 2 cups of **baking soda**.

Soak in a bathtub filled with tepid water and 1 cup of **oatmeal**.

Find a quality **Aloe Vera** gel and lightly coat your skin. You can place the Aloe Vera in the refrigerator for a further cooling affect.

Wrap some **ice** cubes in a wash cloth and lightly lay it on the burned area.

Apply a thin layer of **coconut oil** on your skin to keep it soft and keep your skin from drying out.

Apply a thin layer of **milk** on your skin that will create a layer of protein that will help protect your skin.

**Cucumbers** can be applied to the skin for their natural analgesic and and antioxidant properties.

Mix a few drops **lavender and chamomile essential oil** with some water and place in a spray bottle and spritz your skin when needed.

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