

## Some Great Home Remedies For Sunburn

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We all know prevention is better than the cure, but everyone gets caught out from time to time. Also if the SHTF one day, sunscreen simply won't be available (note to self - do future post on natural sunscreens!)

Anyway if you do get caught out and get sunburnt, 'Common Sense Homesteading' have done a great post on 10 home remedies you can use to help sooth and treat sunburn. We have used aloe vera for years, we actually grow our own plants and break off a stem, squeeze out the gel/juice and use it fresh. I would highly recommend growing some aloe vera plants, as aloe vera is useful for so many different health and beauty things...

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Related book: [Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid, 5e \(Medicine for the Outdoors: The Essential Guide to First Aid &\)](#)

(Photo from: Common Sense Homesteading)