The Most Effective Way To Treat Sunburn (100% Natural!)

Categories: General, Health/Fitness

Obviously the best way to treat sunburn is to prevent it in the first place... Clothing, shade and sunscreen etc. That's not helpful to the folks reading this with their skin already on fire though, so here's how to treat your sunburn if it's already too late...

The Most Effective Way To Treat Sunburn

- You will need - 2-3 tea bags (standard black tea) and some boiled water.
- Boil 2-3 cups of water, then pour into the bowl and add the tea bags. Leave the tea bags in for 5 minutes, stirring occasionally. Now remove the tea bags (but don't discard!) and wait 30 minutes or so for the liquid to completely cool.
- Now dip one of the tea bags into the liquid (which is just strong black tea) and gently dab liberally it on the burnt parts of your body. The more the better, but watch out as tea can stain clothing. Leave it to dry on your skin and don't wash it off for a few hours. You can even apply a second coat if the sunburn is really bad.
This method should provide immediate and lasting relief from burning and itching. If it is sore again the next day, simply repeat. This method won't stop skin peeling. I think there is little that will, as the skin peels and falls of because it is dead due to the burn, but it does provide instant and lasting pain relief.

(Image from: Phil Kates)