

Sunburns

It's that favorite time of the year—spring! We all have spring fever and the weather is starting to encourage us to venture outside, soon we will be seeing lovely bright red faces, arms, and legs—it's sunburn season! How do you prevent sunburn? For years the doctors have been telling us to put on plenty of sunscreen, now they're starting to tell us that that's not good, just avoid the sun—but we NEED to be in the sun, that's how we absorb the vitally important Vitamin D (a major cancer preventer). But, it's still not good to get sunburned...so this week's favorite essential oils (and products) are for dealing with sunburn.

First, are you taking your daily dose of **Masaji**? I was very skeptical when I read that this could help prevent you from burning, but with my blonde hair and light complexion I was the perfect test subject. Here's a quote from an article on sunscreen, "Proper nutrition is a better way to prevent sunburn than sunscreen lotion. Berries and microalgae such as spirulina, astaxanthin, and blue-green algae can make the body naturally resistant to sunburn, as well as similar radiation damage to the eyes and optic nerve." (That's from an article found on NewsTarget.com.) I can burn in 30 seconds or less outside. Not anymore! Last summer I spent tons of time outside and only got a mild sunburn once (don't stand on the blacktop at 2:00 pm in July for an hour talking to your brother). You can also use **Sunset (Be Young's Natural Sunscreen)** or their **Mountain Mist Moisturizer** instead of sunscreen. Okay, so there are your preventatives, of course, you do need to use common sense—increase your sun exposure slowly, just as you always would, and avoid being out too long during the peak UV times of the day. The following can be preventatives or deal with the too late, you're burned.

Lavender essential oil, of course, for burns. Even people who know nothing about essential oils know that you put Lavender on a burn (of any kind). If you're preventing, dilute it in **Message or Gergalim Baru** and then apply to the skin, if you're already burned (depending upon how severe) you may want to put it on straight. The other biggie is **Loving Care Blend**; it is marvelous for skin owies, from burns to rashes. Again, you may want to dilute for preventing, dilute to put on over large areas, or if you have a serious burn put it on straight. Now, I mentioned Message or Gergalim Baru as a diluters. This is important when dealing with sunburns. These are both big-time skin feeders.

Sunburn Recipe:

10 drops Lavender

8 drops Tea Tree

5 drops Geranium

2 drops Peppermint

2 drops Helichrysum

Mix in 2 oz water and spray on sunburned skin for relief and healing.

Finally, here's a Lavender sunburn testimonial:

I have another great Lavender story, a story that got grandma out of the doghouse!

I had my 2 little grandkids this weekend from Arizona. We had a new really fun waterslide toy in our back yard and of course they were excited to try it out. Not being used to having little ones around I forgot about sunscreen, where was my head? Anyway after about 3 hours of playing in the 95 degree heat and in and out of the water I realized what I had done. My grandson looked like a tomato, holy cow it was bad.

It dawned on me Lavender is for burns, so I ran and grabbed it and poured it all over his back, shoulders, and arms. That was Saturday late afternoon.

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That evening when it was time for bed I asked him to let me look at his back and asked him how he felt, and his reply was, "I feel fine Grandma, it doesn't even feel like I was even burned!" I was amazed to say the least.

Sunday I put one more coat on him and by Monday morning when he was leaving he had a nice tan! Wow, Lavender saved him and Grandma!

Thanks Dana for these wonderful oils! --Terry D.

To order, for class information, or if you have questions contact:

Debby or Penny Swann

208-852-2295

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