COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED
PRINTED FROM PRESSREADER
NOT FOR SALE
periodicalqcpublclibrary@gmail.com
PERSONAL COPY

PULSE



HOW TO SOOTHE A SUNBURN

TAKE THESE EXPERT-BACKED STEPS ASAP.

As your sunburn tally grows, so do visible signs of skin damage such as wrinkles and dark spots—not to mention your skin cancer risk. Smearing on SPF is your most powerful skin-protection step, but if you don't use it exactly right you may still end up looking a bit rosy (or, on a bad day, lobster-y) after spending a day outdoors. When that happens, these strategies can help provide healing and relief.

LEVI BROWN/TRUNK ARCHIVE.



1 Treat serious burns with care.

A severe burn might blister or peel, so use a gentle cleanser, then apply aloe or a hydrating moisturizer; petroleum jelly may help speed the healing process. Never pop a blister or pick at skin!

MARC TRAN/STOCKSY.

2 Heed red flags.

Always seek immediate medical attention if you have a severe burn accompanied by worsening systemic symptoms such as fever, nausea, and headache—in that case you may have a heat-related illness such as heatstroke that requires medical treatment.

3 Try ibuprofen.

The over-the-counter anti-inflammatory medication may help reduce pain so you can heal more comfortably.

PRINTED FROM PRESSREADER
NOT FOR SALE
periodicalqcpublicliberary@gmail.com
PERSONAL COPY
COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED

PULSE



4

Take a chilly bath or shower.

It will cool down your body and your skin fast. Afterward, rub on a moisturizer to help rehydrate skin.

ANGELO CAVALLI/GETTY IMAGES.

DISTRIBUTION IS STRICTLY PROHIBITED • COMMERCIAL USE PROHIBITED • NOT FOR RESALE PERSONAL COPY ONLY



5 Apply an ice pack.

You can create one in a flash by popping a cold, damp washcloth in the freezer for a few minutes. A topical anti-inflammatory such as hydrocortisone may also help dial down the heat and discomfort.

6 Scan your medicine cabinet and your makeup bag.

If you're regularly getting burned despite using sunscreen and vigilantly reapplying it, something else you are using may be the problem. Certain antibiotics, antifungals, antihistamines, cholesterol-lowering drugs, blood pressure meds, antidepressants, and citrus essential oils may boost sunburn risk because they increase skin's sensitivity to UV rays; common skincare ingredients like retinoids, glycolic and salicylic acids, and benzoyl peroxide can do this as well.

Browse our top moisturizing picks to soothe and rehydrate skin at prevention.com/after-sun-lotions.

JUAN MOYANO/STOCKSY.

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED • PRINTED FROM PRESSREADER • NOT FOR SALE • PERSONAL COPY