



Sunburn Tea for Quick Relief

With antioxidant and tannin rich green tea and soothing lavender and marshmallow root, this sunburn remedy soothes with proven skin healing benefits.

Yield: 9 applications

Ingredients:

- 2 tablespoons green tea
- 2 tablespoons lavender flowers
- 1 tablespoon marshmallow root
- 9 press and seal tea bags, or alternative cloth tea bags

Directions:

Mix the tea, lavender, and marshmallow root in a bowl. Spoon 2 teaspoons of the mixture into each tea bag. With your iron on “cotton” press the tea bags closed along the open side. Alternatively put 2 teaspoons of the mixture into a cloth, drawstring bag.



For travel place 3 tea bags and 3 to 5 cotton pad applicators in an empty Altoids tin or similar container. Label the container with directions for use. Store in your travel first aid kit.

To use: Place the tea bag in a mug. Pour boiled water over the tea bag in the mug. Cover and steep for 15 minutes. Allow the tea to cool. Press the tea bag and remove from the mug. Once the tea is cool wash the sunburned area gently using the cooled tea and the cotton pads.

For a very bad sun burn spritz the burn area with the cooled tea mixture using a spray bottle.

It couldn't be easier to have sunburn relief close and comforting no matter where you travel on summer vacation. And since this remedy is dry, there's no problem carrying it through airport security.

You may want to pack a small empty spray bottle with sprayer lid, if your family tends to burn easily. The spray bottle means you can soothe a sunburn without touching it, a vast improvement over commercial sunburn salves.