

**ELITE DAILY**

## 7 Fast Sunburn Cures For Spring Break That Skincare Experts Swear By

By Julia Guerra | January 24, 2018



Spring break can feel so far away when you practically live in an oversized coat and snow boots every day, but isn't that even more of an incentive to start planning your warm-weather vacay now? While you're drafting that must-pack list, make sure you scribble down skincare at the tippy-top because, unfortunately, lying on the beach and soaking up the sun doesn't always add up to a tan. It's hard to imagine sun-kissed skin when the sun literally sets before dinner, but fast sunburn cures for spring break should be on your radar if you're making the transition from snow to sand for a week, otherwise your skin will be paying a very painful price.

Imagine you're sprawled out on a nautical-striped blanket over a bed of white sand, listening to the waves gently crash over a pile of rocks, filling tide pools with fresh water. You decline your girlfriend's invitation to play a round of volleyball and, instead, fall asleep with an open magazine across your stomach, while your bare arms, legs, and décolletage are exposed to the warm rays. It sounds too good to be true, because it is.

You wake up with rosy cheeks and roasted limbs, and you're in dire need of relief ASAP. I hate to burst your fantasy bubble, but this really is a common mistake spring breakers make. You're so wrapped up in the fact that you're finally escaping freezing temperatures and cloudy skies that you forget what sun exposure can actually do to your skin. Spoiler: If not protected properly, nothing good.

For those looking to play it safe over spring break, here are a few fast cures for sunburn you'll want to know ahead of time before your vacay.

#### 5. Soak In An Oatmeal Bath



If you're burned in multiple areas on your body, adding a compress to each individual spot can get tedious. Instead, ethnic skincare expert Dr. **William Kwan** suggests soaking in a cool bath to "soothe the burning."

Adding Aveeno's soothing bath treatment, he adds, can help the inflammation go down. Made with finely milled, 100 percent pure colloidal oatmeal, the powder will give the bathwater a frothy, milky consistency that will calm the skin and, according to the product's description, provide "temporary skin protection," so you're covering multiple bases at once.

Dr. Taz Bhatia, MD, author of *Super Woman RX*, tells Elite Daily that adding epsom salts to a bath can also alleviate sunburn irritation. If you still need relief after soaking, she suggests taking an empty spray bottle and filling it with a mixture of "two tablespoons of epsom with one cup of water" to spritz on the affected area as needed.

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