

# Hot Tips



## FOR THE DOG DAYS OF SUMMER!

### SUNBURN

Nothing can ruin your fun in the sun like a bad sun burn! Here are a few remedies to help soothe your skin.

**It's all Greek to me** - Probiotics in yogurt help to restore the skin's natural barriers. Apply a thin layer of cold plain yogurt to the area and leave on for 10 minutes, remove with a wet cloth.

**On the rocks please** - Enhance the cooling feel of aloe vera by chilling it in an ice bucket or fridge. You can also make aloe vera cubes in an ice tray - do not apply directly to the skin as it can irritate it.

**Tea Time** - Brew some really strong black tea, let it cool down, soak a washcloth in it. Apply it to the burn to help take the heat out.

**Sweet** - Raw honey is a natural antiseptic that can heal your burn and help reduce infection. Spread a thin layer of honey on the skin and cover with gauze to keep it clean. Seek medical attention if you see signs of infection such as a fever, chills or increased pain.

**And Sour** - Fill a spray bottle with equal parts apple cider vinegar and water. Spray it on your skin to relieve the pain. The vinegar also has antiseptic properties that kills germs, decreases inflammation and alleviates pain and itchy skin.

### STOP BUGGING ME

Mosquitoes. Nothing ruins a cookout or camping trip like being eaten alive by mosquitoes. Here are some natural repellents you can try!

**Will "you look at us" now** - Mix 1 part lemon eucalyptus oil to 10 parts sunflower oil or witch hazel. Do not use on children under three.

**Lavender Blue (Dilly Dilly)** - Crush the flowers and apply the oil to mosquito sensitive areas such as the ankles, back of your neck, and arms.

**Look how thyme flies** - Mix five (5) drops of thyme oil and two (2) ounces of water in a spray bottle for this DIY bug spray. You can also throw thyme leaves into a campfire to deter the pesky pests for up to 90 minutes.

**Splat** - If you're heading off for a long drive, you'll most definitely have those icky bug splats all over you car. Scrubbing can damage the paint, however there is an easy way to get them off with all things - cooking spray! Spray onto the stubborn critters, wait a few seconds and rub off with a clean cloth. Follow-up with soap and water.

### COOL IT!

**Chill Out** - For an inexpensive, portable cool pack, mix water and rubbing alcohol with a 2:1 ratio in a freezer bag. Place in the freezer for a few hours. It will be partially frozen and stay flexible because of the alcohol. Make it fun by adding a few drops of food coloring!

**No Sweat** - Fabric softeners leave behind residue that leave your sheets unable to absorb water and wick it away from your skin. Add 1 cup of vinegar to the rinse cycle to remove the residue and soften the sheets.

