



The sun. People have worshipped it for thousands of years.

But only in the last century have people worshipped the sun by baking themselves to a golden tan, which often masks an angry red burn.

If you've overexposed your skin to the sun and end up with a sunburn, this home remedies can make you a bit more comfortable until Mother Nature can heal the burn. Keep in mind, though, that this remedies cannot reverse the very real damage caused by unprotected exposure to the sun's rays.

The plain old potato makes for a wonderful pain reliever. It's a time-tested technique known throughout the world. Take two washed potatoes, cut them into small chunks, and place them in a blender or food processor. Blend or process until the potatoes are in liquid form. Add water if they look dry. Pat the burned areas with the pulverized potatoes. Wait until the potatoes dry, then take a cool shower. Another less messy method is to apply the mash to a clean gauze and place on the burn. Change the dressing every hour. Continue applying several times a day for a few days until the pain is relieved.

Then again, prevention is better than cure. But it's easy to say that retrospectively....

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