



Natural Living Tip:

## Sunburn Remedy:

### Black Tea

#### HOW?

Tannins or tannic acid are chemicals from different types of plant parts in the tea bag which help turn your burn into a tan. Black tea also keeps the skin from not peeling as much and reduces the heat and pain of a burn.

#### Tips:

1. Brew the tea, let it cool and use the tea bag or use a wash cloth dampened with tea and pat onto burned skin.
2. Instead of brewing, you can also soak a few bags in water and when the water darkens use a wash cloth or the tea bag to pat onto skin.
3. For sunburned eyelids, use tea bags as cool compresses by adding ice cubes to the cooled tea.
4. If you're lying flat leave the tea bags on for 20 min or more and you can repeat as often as you'd like to increase soothing effect.
5. On the go, pour tea into a spray bottle and use when you feel necessary.

Yours for health naturally,

**Dr B**

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