

TOP 10 FAVORITE NATURAL SKIN REMEDIES

FOR STINGS, BITES OR RASHES



#1: COCONUT OIL

Yes! The same stuff you cook with, add to your smoothies, apply to your hair, etc. Because of its antiviral, antifungal and antibacterial qualities, when applied to bites and stings, it forms a thin layer protecting the area from infection and foreign substance. Many people experience the disappearance of itching sensation too. Slather on!



#2: ONION (QUERCETIN)



Rashes from poison ivy, oak or other skin irritant can cause redness, swelling and hives due to your body's release of histamine, which causes inflammation. To ease the discomfort of this, grab an onion, slice it in half, and apply the exposed portion to the skin. The anti-inflammatory flavonoid found in onions (and also in other foods like wine and green tea) can help reduce the inflammation and any allergic reaction. If the thought of onions on your skin sounds dreadful, Quercetin is sold in capsule form and works great for seasonal allergies and hay fever too. Grab a bottle and keep it handy!



#3: APPLE CIDER VINEGAR

We love the bees, but their stingers sure do hurt! To soothe the pain, soak a cotton ball in some apple cider vinegar and apply it directly to the skin. A few seconds of stinging will give way to some relief.
Quick and easy!



#4: HONEY



Speaking of bees, honey is another great remedy- preferably local and raw. Besides its sweet taste, honey is best known for its antiseptic qualities and can help draw out bacteria, in a way similar to coconut oil.

A little goes a long way!



#5: BENTONITE CLAY

A mineral-rich type of dried clay sold by the container in our store can be combined with a small amount of water to create a paste. Apply the paste to bug bites and stings to draw out bacteria and soothe the skin. Rinse and apply daily. Also works on cuts, bruises and acne!



#6: ALOE VERA



You've heard that it can help with sun burn, but did you know it can help with rashes, bites and stings also? The moisturizing effect the plant has on the skin helps to calm irritation while reducing inflammation in a way similar to onions. Extract some gel from a live plant, or purchase the gel in bottled form. Gentle and calming!



#7: TEA TREE OIL

An essential oil taken from the leaves of the melaleuca alternifolia plant, native to Australia, the oil is a powerful treatment for bites – particularly mosquito bites.

Apply the oil directly to the affected area using a cotton ball or swab.

Immediate relief!



#8: CALENDULA

Part of the daisy family, this plant has been used for medicinal purposes since at least the 12th century. Calendula contains high amounts of flavonoids (antioxidants that protect cells from being damaged by free radicals), which appear to enable it to fight inflammation, viruses and bacteria. Purchase tinctures, ointments, or dried petals of the plant. Dried petals can be crushed to form a poultice to apply directly to the affected area. Talk about flower power!



#9: BROMELAIN



Bromelain is an enzyme found in pineapple juice and stems. It is effective in reducing swelling and inflammation. Consuming pineapple juice, or bromelain in capsule form are two ways to experience the benefits of this substance. Also great for digestion!



#10: ESSENTIAL OILS

Lavender, eucalyptus, peppermint, rosemary, basil and thyme are not only good at warding off bugs, but can be used to calm the itch and irritation of bites.

Dilute a few drops of the oil(s) into a carrier oil like sweet almond, olive oil, or jojoba before applying to skin – especially if your skin is sensitive. Smell good and feel better all at once!

