



## The Healing Power of Aloe Vera

Aloe Vera is not just an easy-to-keep house plant that looks great. It also has a wonderful medicinal purpose. It can help to heal and reduce the pain of sunburns. The gel or juice produced by the plant has soothing qualities. Aloe Vera is also cool, so it will help to relieve the pain of the sunburn. It is also a mild astringent, which will help to promote quick healing.

You can purchase many gels or lotions that contain Aloe Vera or you can just get it directly from the plant. The fresher the aloe gel, the better it will promote healing. The freshest source of aloe gel is from the plant itself. If you want to get the gel directly from the plant, simply remove a leaf from the plant and gently squeeze the gel directly onto the sunburned site. It may sting slightly because of the natural astringent. You may try mixing the Aloe Vera gel with a Vitamin E cream. The Vitamin E is a moisturizer and helps to promote healing.

The best treatment for sunburn is prevention. Wearing sunscreen and avoiding the sun is the best option for maintaining healthy beautiful skin. However, if you do find yourself a little toasty, Aloe Vera can be an excellent choice to sooth and heal sunburn. If your sunburn is severe or blisters, you should see your provider right away. Sunburn can be serious and can cause long term damage to your skin. See your dermatologist if you believe your sunburn in severe.

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Source:

Contributor, L. (2012, April 3). 5 Things You Need to Know About Using Aloe Vera For Sunburns. Retrieved June 1, 2015, from <http://www.livestrong.com/article/5163-need-using-aloe-vera-sunburns/>

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