

SurgingLife Shares Proven Severe Sunburn Treatment

Stephen Frost June 13, 2016



Proven Severe Sunburn Treatment Using Essential Oils

Sunburn is a hazard of summer and hot sunny weather, this new guide from SurgingLife shares a proven sunburn treatment that helps even severe cases.

([Newswire.net](#) -- January 6, 2017) Kobe, Hyogo-ken -- Effective sunburn treatment is incredibly important for skin health and wellness in general. After the skin has become

burned through excessive exposure to the sun there is far more that happens than stinging and discomfort, the skin and layers underneath the epidermis in their damaged state alter the functionality of the bodily area affected depending on the severity of the case. The more severe the sunburn the more adverse the effect, with blood flow and more being potentially disrupted.

The SurgingLife guide brings shares with users a way in which they can aid the skin and layers of tissue below to recover naturally and yet in a very quick and effective manner. Natural healing and aiding the bodies natural healing mechanisms is something which is core to SurgingLife, and the guide that has been developed comes following testing as illustrated by the video which accompanies the methodology that has been released.

Proven Severe Sunburn Treatment

The exact treatment was developed over time following research and testing, though it was only after accidentally incurring a case of incredibly bad sunburn that SurgingLife founder Stephen Frost was able to actually document and show proof as to the effectiveness of the remedy that had been developed.

Natural Remedies For Sunburn Can Be Effective

Whilst many question the use of natural methods such as essential oils there is clear evidence that they do indeed work. Many, especially in Australia, reach for [Tea Tree oil](#) as a remedy and source of relief now, something which has begun to spread further and further around the world as a way of treating sunburn. Whilst it can be effective it can also be painful and bring a high degree of discomfort if used on severe cases, so to deal with them effectively a different approach is required.

Lavender essential oil was proven time and again as effective for a variety of burns during WWI, and is still used as a home remedy for various degrees of burns today. Whilst many use it for heat related burns and occasionally chemical burns too, it is also good for treating sunburn. It helps to soothe and relax in a different way to that of Tea Tree oil, and can be effective on its own.

The Best Essential Oils For This

Tea Tree and Lavender are two very good natural remedies in themselves, and the blend developed by SurgingLife founder Stephen Frost makes use of them along with other oils detailed on the website in order to make a blend which is highly effective. The video documenting the usage and healing is proof of its efficacy.

[MedlinePlus](#) says not to use "oil-based products" as "These can block pores so that heat and sweat cannot escape" though as proven from testing the blend developed by Stephen Frost actually does allow heat to escape and whilst sweat was minimal it was able to escape too. As such the essential oil blend allowed the skin pores to function effectively whilst also aiding the skin to maintain integrity at a higher level and heal more effectively too.

Prevention Is Always Better

It is worth remembering that prevention is always better, regardless of the state of our condition whether it be mild or otherwise. Taking adequate precautions to protect skin and overall health too by extension should always be the first course of action.

Of course there are times when having taken precautions through the use of long sleeves and UV protection in the form of sunscreen and sun block, when the precautions fall short. At times you may be out longer than expected, or perhaps something else occurs that was outside the realm of consideration. Those are the times that remedies such as this prove beneficial.

Caution

Whatever state a person gets into, especially if they have incredibly bad sunburn, medical advice should be sought. A medical professional can aid in options for treating and advise on suitability of various things you may be considering. Ideally a person is best finding one who is proficient in a holistic treatments such that a wide range of options including the natural ones can be chosen from.

The Best Sunburn Treatment

Whether this is the best sunburn treatment or otherwise is open for debate, different people react differently to different things, all remedies should always be checked for allergens prior to use, plus everybody has their own personal preferences on how they like their treatment. This is just one [proven and highly effective severe sunburn treatment](#) the full details of which can be found within the SurgingLife essential oils guide alongside various other remedies to aid wellness and healing across the website as a whole.

About SurgingLife

SurgingLife brings aid for everyone seeking positive life change. For those who have been wondering what they can do in order to realise a far more positive lifestyle and a good quality of life, this site is the place to get the help needed. Drawing from meditation, essential oils, ho'oponopono, brainwave entrainment and a wide variety of other things there is solid ground to help those wishing to make meaningful life changes and achieve joyful living. The website can be found at <https://surginglife.com>

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