

Summer Skin Rescue

Three time-honored remedies for summer's most common skin troubles — ready in ten minutes, from plants you can actually find.



I. SUNBURN

Cooling Tea Compress & Aloe

YOU'LL NEED

2 bags of green or black tea • a fresh aloe leaf (or 100% pure aloe gel) • a clean soft cloth

PREPARE & USE (10 MIN)

1. Brew both tea bags in 1 cup of water; chill fully in the fridge or over ice.
2. Soak the cloth in the cold tea and lay it over the burn for 15 minutes. The tannins calm heat and sting.
3. Pat dry, then smooth on a thin layer of aloe gel. Don't rub — let the skin drink it in.

WHO & HOW OFTEN

Adults: repeat 2–3× daily until redness eases.

Children 2+: same, but test aloe on a small patch of skin first.

Babies & toddlers: cool compress only — and keep them out of the sun.

CALL THE DOCTOR IF...

Blistering covers a large area; fever, chills, or dizziness set in; or the sunburn is on an infant.

II. INSECT BITES & STINGS

Plantain Poultice — "the green bandage"

YOU'LL NEED

Fresh plantain leaves (*Plantago major*) — the low, ribbed-leaf "weed" growing in nearly every American backyard and sidewalk crack.

PREPARE & USE (5 MIN)

1. Pick 2–3 leaves away from roadsides; rinse well.
2. Crush them to a juicy green paste (a mortar, a spoon — or the time-honored way: chew them).
3. Press the paste right on the bite and cover with a bandage. Replace with fresh paste every 2 hours.

WHO & HOW OFTEN

Adults & children: safe on skin at any age.

Under 2 years: use a cotton ball soaked in cool witch hazel instead.

CALL THE DOCTOR IF...

Trouble breathing or facial swelling (**call 911**); redness spreads or feels hot after 24 hours; known sting allergy.

III. POISON IVY RASH

Jewelweed Wash

YOU'LL NEED

Jewelweed (*Impatiens capensis*) — orange trumpet flowers, juicy translucent stems. Nature's joke: it loves to grow near poison ivy itself.

PREPARE & USE

1. **First 10 minutes:** wash the area with cool water and plain soap — this alone can stop most of the rash.
2. Crush the juicy stems and rub the juice over the exposed skin.
3. For lasting relief: brew a strong jewelweed "tea," freeze into ice cubes, and glide one over the itch. A cool oatmeal bath soothes a whole-body rash.

WHO & HOW OFTEN

Adults & children: apply as often as itching returns.

Avoid broken or oozing skin.

CALL THE DOCTOR IF...

The rash touches face, eyes, or genitals; it oozes or brings fever; or it's no better after a week.

This is card #1 of **The Home Apothecary System** — 50 cards like this one, for nearly every ailment in your home. Coming very soon to your inbox.

Traditional knowledge, shared with respect and gratitude for the Native American communities who preserved it. This card is for educational purposes only and is not medical advice. Always consult your healthcare provider before using herbal remedies, especially during pregnancy, while nursing, alongside prescription medication, or with children.

If symptoms are severe or persistent, seek medical care.