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14 Surprising Things That Make Sunburn Worse



Wearing certain colors

Save the scents if you're headed out in the sun. According to **Sheel Desai Solomon**, a board-certified dermatologist from North Carolina, many fragrances and colognes include ingredients that make you more prone to burning. "Oil of bergamot is especially notorious for this and can cause a severe, blistering reaction when it's on your skin and exposed to the sun," Solomon explained. "Other perfume ingredients and essential oils, like rosemary and lavender oils, can make your skin more sensitive to the rays, too."

Citrus exposure

When the sun hits your skin for a prolonged period, it can often dry it out. And, even if you find that hot water feels good on your dried-out skin, you may just be doing more damage by showering in scorching water, as it can actually strip your skin of essential oils. "This may lead to blistering and possibly prolong the healing process," Solomon says. "While cold showers typically feel uncomfortable, sticking to lukewarm or cool showers when you're burned will feel help make your burn feel better. The temperature

should be no warmer than what you would expect from a heated pool, which is around 84 degrees.”

Not reapplying sunscreen

Sunburns are not exactly pleasing to the eyes, especially when they blister and peel. But, if you're thinking of using makeup to cover up, think again. Makeup can clog the skin, leading to more hurt than heal. "The only way the burn will heal is if you let your skin breathe. Introducing various make-ups through dirty sponges or brushes will only increase your risk for infection or allergic reaction, which will ultimately make it all worse," Solomon says.

Applying more sunscreen

If you're suffering from a sunburn, pack away the tight clothing. According to Solomon, tight clothing traps the heat from your sunburn, which promotes painful swelling and inflammation. "Your body is trying to respond to the trauma by increasing blood flow to the area to help with healing," Solomon says. "This results in redness, warmth, and inflammation to the area. Wearing tight clothes could amplify the response, which could lead to more intense swelling and blisters."

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