

CANONICAL ENTRY 68 / 74

Sunburns

Skin & integument

CANONICAL SOURCE - VERBATIM

One of the greatest enemies to a beautiful complexion is too much sunshine. During the period of 11-14.00 there is too great a quantity of actinic rays for the superficial circulation of the skin. Early mornings and late afternoons are the preferred times to enjoy the sun and prevent overexposure.

Aloe vera may be great to use in a pinch, but for a more complete treatment there is nothing better than pure apple vinegar. Apply it to the affected area as a balm or lotion.

Therapy for acute breakouts resulting from sunburn:

Daub the affected area with spirits of camphor using cotton balls; two hours after application enjoy a tepid bath; then apply peanut oil.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol