

Severe Sunburn

I have always been something of a nature's girl. I love the outdoors and the elements, especially the fresh air and sunlight. And if my privacy is secure, I will often get naked and let my whole body drink in the nourishment. One day, however, I took things too far: I fell fast asleep, butt naked, in the hot sun. When my young son woke his mommy up – well, my back was on fire, and I knew I had severe sunburn. I have had sunburns before and know the symptoms, and I am sure this would have turned into third-degree burns. Thankfully, I keep a supply of gelled Cano's Clay on hand at all times, and I made a beeline for it. Soon my back (and bum) was covered in a thin coat of clay. The relief was practically instantaneous. I left the cooling clay on for a half hour and then washed it off. By this time I had no symptoms at all, but to double-check I got a mirror and looked at my back. It was perfectly normal, not a hint of redness or discoloration. It was literally as if the sunburn had never happened!

Shannon M.