

ELITE DAILY

7 Fast Sunburn Cures For Spring Break That Skincare Experts Swear By

By Julia Guerra | January 24, 2018



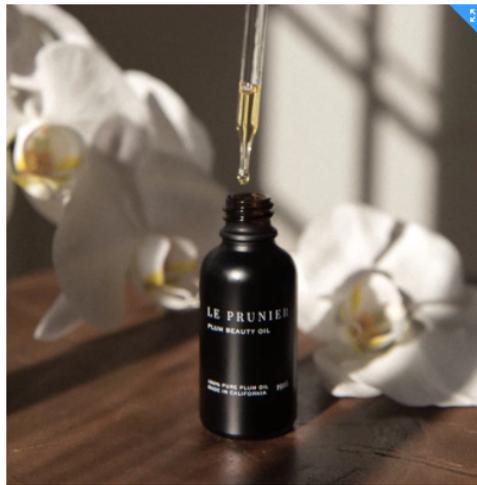
Spring break can feel so far away when you practically live in an oversized coat and snow boots every day, but isn't that even more of an incentive to start planning your warm-weather vacay now? While you're drafting that must-pack list, make sure you scribble down skincare at the tippy-top because, unfortunately, lying on the beach and soaking up the sun doesn't always add up to a tan. It's hard to imagine sun-kissed skin when the sun literally sets before dinner, but fast sunburn cures for spring break should be on your radar if you're making the transition from snow to sand for a week, otherwise your skin will be paying a very painful price.

Imagine you're sprawled out on a nautical-striped blanket over a bed of white sand, listening to the waves gently crash over a pile of rocks, filling tide pools with fresh water. You decline your girlfriend's invitation to play a round of volleyball and, instead, fall asleep with an open magazine across your stomach, while your bare arms, legs, and décolletage are exposed to the warm rays. It sounds too good to be true, because it is.

You wake up with rosy cheeks and roasted limbs, and you're in dire need of relief ASAP. I hate to burst your fantasy bubble, but this really is a common mistake spring breakers make. You're so wrapped up in the fact that you're finally escaping freezing temperatures and cloudy skies that you forget what sun exposure can actually do to your skin. Spoiler: If not protected properly, nothing good.

For those looking to play it safe over spring break, here are a few fast cures for sunburn you'll want to know ahead of time before your vacay.

7. Massage Your Skin With Vitamin-Rich Serums



Le Prunier

Plum Beauty Oil, \$72, Le Prunier

Another way to nourish damaged skin with the vitamins and minerals it needs to thrive: serums. You may not naturally associate cosmetic products with something as severe as sunburned skin, but they work. You just need to know what kinds of products to look out for.

Beverly Hills dermatologist and founder of SKINxFIVE Dr. **Ava Shamban** tells Elite Daily that applying a vitamin C serum to the area is "extremely effective" because it's rich in antioxidants and can "reduce inflammation from the sunburn."

Plum oil is also loaded with essential antioxidants and vitamin E to seal in moisture and calm irritation. Mix your Le Prunier plum beauty oil with your sunscreen for a nourishing boost, and not only will your skin feel healthy, it'll be protected against sun and solar radiation.

Happy sunbathing!

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