



Messenger

Manitowoc Public School District Staff Newsletter

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Summer Wellness - Home Remedies

Summer time is here! We are all so excited to catch up on our Vitamin D, sometimes we have a tendency to overdo it and get into things that cause us to need special care. If that should occur, here are some home remedies to try:

Sunburn - Use vinegar to soothe a sunburn. Soak a few sheets of paper towels in white vinegar and apply them to the burned areas. Leave them on until the towels are dry. Repeat as needed. Putting tea bags in your bath water also works!

Heat rash - Use baking soda! Soak in a tub with a few tablespoons added. It will ease the itching.

Blister - Clean the blister with soap & water, then put some of the inside gel of an aloe vera plant on it. Cover with a bandage to help it heal.

Swimmer's Ear - Treat your ear to heat, using a hot water bottle. Can also put a few drops of garlic oil (3 grated cloves with some olive oil, let soak overnight & strain) in the affected ear.

Itchy insect bites - Use peppermint oil, or toothpaste with peppermint, directly on the bite.

Cuts & scrapes - Can use honey as it has antibacterial properties.

Ticks - Put a little rubbing alcohol on the area as the tick will loosen; then pull off.

Enjoy this great time with your family and friends!