



# Skin soothers doctors swear by

Burns, bites, itches and more: Your child's skin goes through a lot over the summer! To the rescue: doctor-tested, kid-approved natural remedies for seasonal symptoms



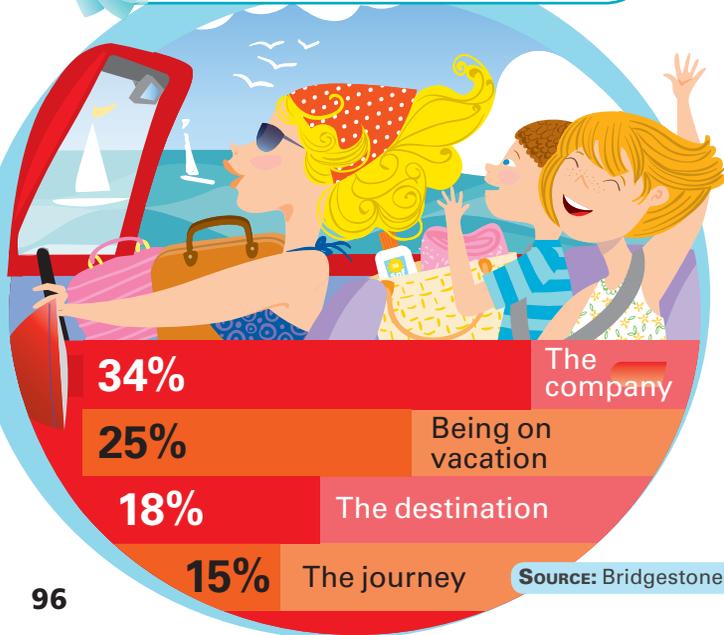
## Bee sting Rx

### A DIY painkilling paste

"One summer, my family and I were staying at this beautifully landscaped home with many blossoming flowers—and many bees to go with them!" recalls mother-of-two Melissa Doft, M.D., a clinical assistant professor of surgery at the Weill Cornell Medical School in New York City. "So it was no surprise my son got stung when he went running after his soccer ball." Once Dr. Doft was sure the stinger was gone (leaving it in can lead to further irritation and possibly infection, she says), she made a paste of equal parts baking soda and water and applied it to the sting with a spoon. "Baking soda works to neutralize the acidic venom, relieving pain in just minutes," explains Dr. Doft. And while she uses this easy DIY paste on bee stings, it can relieve the ouch of any bug bite. "It's a trick I learned from my mother, but the ice cream afterward was all my idea!"

quick  
take

## What Americans love best about summer road trips



SOURCE: Bridgestone Americas, Inc.

## Athlete's foot Rx

### Listerine

"My son lives in tennis shoes all summer, creating a sweaty environment ripe for foot fungus," says dermatologist Purvisha Patel, M.D., a mother of two in Memphis. To clear the infection, Dr. Patel has him soak his feet in a pan of Original Listerine every night for 5 minutes until the rash clears. "It's the gold kind, not the blue stuff," says Dr. Patel. "I prefer it because it has no additional dyes that could cause an allergic reaction." How it works: Menthol and *eucalyptol* in the mouthwash soothe the itch while ethanol kills the fungus and *methyl salicylate* acts as an antiseptic.

## Sunburn Rx

### An aloe vera squeeze

"Unfortunately, my kids have occasionally experienced minor sunburns. And when that happens, my go-to remedy is the gel from the aloe vera plant," says pediatrician and father of three, Jack Maypole, M.D., an educational advisory board member for The Goddard School. Before applying, he takes a bit of heat off the skin by laying cool moist towels on the burn for 10 minutes. Next, he clips an inch of the aloe leaf and squeezes the gel over the area "as if squirting ketchup from a foil pack," he says. "Because aloe vera is an anti-inflammatory, it soothes the discomfort while allowing the skin to heal." Don't have a live plant? An OTC gel works too, says Dr. Maypole. "Just make sure it's 100% aloe vera gel." One to try: Real Aloe Gel (\$7 for 32 oz., [Vitacost.com](http://Vitacost.com).) \*