

# Hot Tips for Burns

For contact burns or sunburn, keep these tools on hand and watch the pain and redness fade away before your eyes!

What you need:

- [Homeopathic Cantharis 30c](#)
- [Homeopathic Calendula 30c](#)
- [Rubbing Alcohol](#)
- [Aloe or Burn Gel](#) (optional but it makes a good medium for the topical)

Directions:

- Severe burn, alternate dry oral dose (1-2 pellets dissolved under the tongue) of Canth 30c and Calen 30c every 15 minutes for three doses each and then wait.
- Minor burn, one dose of each.
- Can repeat if necessary twice more in the same day if symptoms persist.

Water dosing can also be used: dissolve a pellet in four ounces of water, stir, and take a tsp of each, alternately, for 3 doses each.

For sunburn or contact burn *without broken skin*:

- Dissolve a pellet of Calendula 30c in an 1/2-1 ounce water, then mix with 1-2 ounces rubbing alcohol, then mix into burn gel and shake. (This will thin the gel to more of a liquid, but the alcohol is essential). Apply topically every 5 minutes as needed and then continue intermittently until pain resolves.

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