

+ First Aid in the Home

Bruises: Soak cotton wool in vinegar and apply to the bruise as soon as possible for 20-30 minutes. Applying Comfrey cream speeds up the healing process.

Burns: First remove the heat by holding under cold water for 10 to 15 minutes. Lavender oil, honey or aloe vera speed up healing.

Cuts: Clean well with water. Apply calendula cream or honey (both have antiseptic properties) and cover with a clean bandage.

Fainting/feeling faint: Lie down or put head between knees. Inhale lavender or rosemary oil.

Insect bites and stings: Apply vinegar (especially good for wasp stings) or lavender tea. For bee stings, remove the sting first with tweezers. If allergic to stings and bites apply a chamomile compress as soon as possible.

Nose bleeds: Apply iced water compress to the back of the neck. If prone to nose bleeds, take lemon juice in water on regular basis.

Poisoning: Seek professional help. Remember to take the suspect substance, or sample of the vomit, with you for identification.

Shock: Use Rescue Remedy immediately. Wrap up and keep warm. If you need to call an ambulance don't give anything else. Otherwise give chamomile tea sweetened with honey.

Sprains: Apply ice pack or crushed cabbage leaf as soon as possible to reduce the swelling.

Sunburn: Apply compress of vinegar, cucumber juice.

If an accident occurs, don't panic! Stop, take a deep breath and a drop of Rescue Remedy to help you act more effectively.



Natural First Aid

Pack these goodies into your bag this summer and you'll have everything you need to patch up wounded soldiers naturally.



- 1 Nature Babycare Bio-Plasters, natural and bio-degradable. £2.30, naty.com
- 2 Z Gel, topical first aid gel for bumps, bruises and minor trauma. £6.95, lovelula.com
- 3 Dr Greenfingers antiseptic wipes, natural antiseptic powers of calendula. £3.79, drgreenfingers.co.uk
- 4 Weleda Arnica tabs, soothe and calm after an accident, also heals bruises. £5.55, weleda.co.uk
- 5 Organic Lavender essential oil, all round healing oil for stressful situations. £8.75, nealsyardremedies.com
- 6 Australian Bush Flower essence, has a calming effect during a crisis or minor accident, £7.95 lovelula.com
- 7 Simply Gentle organic cotton wool pleat, 100% organic and fairly traded cotton. £1.99, naturebotts.co.uk