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28 SECONDS

Ease sunburn pain

We know aloe works wonders to take the sting out of a burn, but rubbing it on can aggravate already-sensitive skin. The solution: Swap the traditional gel formula for an aloe *spray* infused with lidocaine (like Fruit of the Earth Cool Blue Aloe Mist, \$7 for 6 oz., at drugstore.com). "Aloe contains natural chemicals, called *mucopolysaccharides*, that calm inflammation, while lidocaine numbs skin to ease pain—no rubbing involved," says Julia T. Hunter, M.D., a dermatologist at Skin Fitness Plus in Beverly Hills. And if you already have a burn but have to go back outside, try a waterproof spray sunblock that cools skin on contact (like Neutrogena Fresh Cooling Body Mist Sunblock SPF 75, \$12 for 5 oz., at drugstores).

PHOTOS, FROM LEFT: NEWSPIX/REX USA, JP/IBLIS/JP, STUDIOS; D. LIVINGSTON/GETTY IMAGES; J. Smeal/BE IMAGES

