Blisters caused from Friction

Blisters can be the result from a several different situations or causes.

Most commonly you think of blisters from getting burned. The source of the heat can come from a flame or a stove or oven, curling iron, iron, and the list of "HOT" things goes on. You can get blisters from some chemicals and there are diseases that start with blisters too (Chicken Pox and Eczema both start with blisters).

But you can also get burned from 'friction'. Rubbing causes friction and blisters can develop from the 'heat' produced when two things rub together. Although not from the same cause, the blister can be just as painful. Even if no blister develops the skin and underlying tissues can be damaged.

What can you do when you have a blister or this extremely irritated skin from the rubbing? Well, don't pop it if it has become a blister. If it accidently popped on it's own that is different. Let the blister stay fluid filled if you can.

To help begin by applying a drop of Lavender and/or Helichrysum to the blister. It will help to relieve pain as both of these oils have analgesic properties. Also, it will help to start and speed the healing.

Cover the blister with a soft cloth and do not continue to 'rub' the area any longer. Reapply the Lavender and Helichrysum just a couple of times full strength. Typically after 24 hours you should see a considerable reduction in the size of the blister and the pain should be nearly gone.

Then you should switch to a blend of Lavender and Helichrysum in a mix of Rosehip seed oil and Hazelnut oil. This will continue to help the skin and surrounding area to heal.

Developing blisters is common from poorly fitting shoes. But you can also get them from any shoe, sandal, 'flip flops' or thongs if you walk in them for many hours. And you certainly don't need sore feet and, if you have had blisters on your feet you know they can be very painful too.

Clothing can rub your skin nearly to the point of blistering. Again, apply the Lavender, Helichrysum and carrier oils. Remember you need to stop the cause of the friction - the rubbing.

If the blister is larger than a dime you should seek medical attention. And if it was caused from a burn from a heat source (stove, iron, etc) it may be more serious than the 'friction' type blister as underlying tissues may be more damaged. If the blister pops or the skin tears away, again seek medical advice.

If you have diabetes please seek medical care as injuries, including blisters can become very serious matters when you are diabetic.

So, with Spring and Summer around the corner, make sure you are prepared incase you should get one of those "Friction" Blisters!! Oh and you'll want to get ready for Sunburn too - but that's another Tip of the week!! In the meantime check out our past newsletter http://birchhillhappenings.com/v1152008.htm for an article on Sunburn skin and lips!

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