

# Calendula Recipes

*~for minor burns, cuts, grazes, bruises and infections~*

## Calendula Oil

- ⊗ ¼ fill clear, glass, screw-top jar with dried Calendula petals
- ⊗ Top up with oil (olive, grape, avocado, jojoba, mixture)
- ⊗ Seal and sit on a sunny windowsill
- ⊗ Shake jar every two days
- ⊗ After 2-3 weeks, strain through muslin (squeeze out every drop), and bottle in dark bottle

## Calendula Tincture

- ⊗ ¼ to 1 C dried Calendula petals in a screw-top jar
- ⊗ Top with twice as much alcohol (40% vodka, rum...)
- ⊗ Seal and sit it out of sunlight
- ⊗ After 2-8 weeks, strain through muslin into coloured bottle

## Calendula Salve

- ⊗ Melt 20g beeswax in a double boiler (tin in pot of simmering water)
- ⊗ Stir in ½ C Calendula oil and 10-20 drops Tea Tree essential oil and heat until clear
- ⊗ Remove from heat and add 4 tsp Calendula tincture
- ⊗ Whisk with a fork until slightly set and bottle in sterilized jars