



Calendula Flower Oil

I grow calendula in my garden, not only for the beauty of its warm orange blossoms but also because it is my go-to herb for minor skin problems. Calendula is an edible flower, meaning it's okay to use on chafed and sore nipples when nursing. Calendula oil is wonderful for babies - much better than many commercial products that contain preservatives and/or mineral oil. Massage a thin layer of oil on the skin after bathing. It seals in moisture, has mild antibacterial activity, and reduces itching in those with dry skin or eczema.

Ingredients:

- Calendula flowers, dried
- Olive, grape seed, sunflower seed, or almond oil (carrier oil)

Directions:

Fill a jar $\frac{2}{3}$ full with calendula flowers and then cover with the carrier oil of your choice. Put a lid on so that it fits tightly. Place the jar in a paper bag, put it in a warm place for 2 to 4 weeks, and shake regularly. Strain, Bottle, label, and store the oil in a cool dark place.

How to Use:

Apply to the affected area as needed, 1 to 4 times per day. For babies, massage a thin layer of oil into the skin after bathing.