

Calendula Research Paper

APPEARS IN



Calendula officinalis L. (marigold) is native to Central Europe and the Mediterranean and belongs to the Asteraceae/Compositae family. The oil of the flower contains several bioactive compounds and has been used for medical purposes since the 12th century.

The flower is even reported to display antioxidant and antimicrobial properties. Three Ships' [Skin Hero](#) utilizes this powerful ingredient that is packed with hydrating and antioxidant properties.

DISPLAY ANTIOXIDANT AND ANTIMICROBIAL PROPERTIES

Calendula is a Latin diminutive. The flower blooms on the first day of every month, marking the start of the new month. Hence, the word calendar. Depending on the part of the plant and extraction method used, the flower can be prepared for multiple topical formulations, such as an extract, tincture, or oil. Calendula flower extract has multiple benefits. It has wound healing properties and is often used in cosmetic products for its ability to stimulate skin regeneration. The flower is also known to have antiseptic, anti-irritant, and healing properties. As such, the extract is often used to heal cuts in the skin and bruises.



Calendula oil is oil infused with dry calendula flowers. The flower is extracted and steeped with a carrier oil for several weeks. The flower oil is then filtered and contains compounds that result in its regenerative properties.

The exact method of extraction of Calendula Oil that Three Ships sources, however, is proprietary information.

CALENDULA EXTRACT IS ANTI-INFLAMMATORY AND HAS WOUND-HEALING PROPERTIES, PROMOTES COLLAGEN PRODUCTION

Antioxidants, such as calendula, are molecules that neutralize free radicals, caused by extrinsic and intrinsic aging, by accepting or donating electrons. Antioxidants can directly react with free radicals by delocalizing the unpaired electron, or inhibit the activity of free radicals by generating enzymes (e.g. NAD(P)H) that provide an important defense against free radicals. As the name suggests, antioxidants prevent oxidative stress thereby reducing collagen degradation and reducing the appearance of fine lines and wrinkles.

SCIENTIFIC STUDY

Anti-Inflammatory Activity of Calendula officinalis L. Flower Extract

To better understand the anti-inflammatory properties of calendula extract, the nitric oxide (NO) production of immune cells were studied. NO is a pro-inflammatory radical produced by nitric oxide synthase (iNOS). The results found that calendula extract was able to reduce NO production, without cytotoxicity, of lipopolysaccharide-stimulated macrophages (an in-vitro model of inflammation). Hence, calendula extract is a soothing ingredient, which is useful in regulating the NO signaling cascade and is anti-inflammatory.

Calendula Extract: Effects on Mechanical Parameters of Human Skin

In this study, calendula extract was studied to determine its effectiveness as a topical cream. Using the Cutometer 580 MPA, a device designed to measure the mechanical properties of the skin in response to the application of negative pressure, 21 healthy human volunteers were given two creams (a control and a formula with calendula extract) for a period of eight weeks. Every week, an investigation of the volunteer's skin elasticity, fatigue, and hydration was tested using the device. Overall, the results suggest that the formula with the calendula extract produced significant improvement in hydration and firmness of the skin.

Calendula extract is made from the Calendula flower and is native to the Mediterranean, however, it has spread across the world. Calendula extract has been traditionally used in Western medicine for thousands of years. The Three Ships Skin Hero is formulated with calendula extract and made with other ingredients such as Bakuchiol. The Calendula extract used is organic, GMO-Free, and vegan. Calendula extract is anti-inflammatory and has wound-healing properties, promotes collagen production, and is anti-inflammatory. The extract is also rich in flavonoids which contain antioxidants that help reverse skin damage.