



## The Healing Power of Calendula

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Earth Garden 159

### CALENDULA OIL

Sterilise a jar and lid, cram it full with calendula petals and flowers, fill the jar with sweet almond, jojoba or apricot kernel oil, put the lid on and stick it on a sunny windowsill for a week or two. Strain the oil into another sterilised bottle, taking the time to squeeze the last of the oil out of the flowers. Put the lid on and store in a cool dark place.

You know when you've spent a long day in the garden pruning, digging, mulching etc and your arms and legs are covered in little scratches and insect bites, perhaps even a bit sunburned? This oil is perfect for that!

### CALENDULA OINTMENT

Melt 1 part beeswax to 5 parts raw cacao butter with 2 part of sweet almond, jojoba or apricot kernel oil in a double boiler. I rig up a double boiler by placing a metal bowl over a boiling pot of water. Add dried calendula flowers to the mix; you want the volume of petals to be about equal to the volume of the beeswax, cacao butter and oil mix. Leave the mix over the heat for about 30 minutes, stirring occasionally. Strain immediately into small pots and cover when cold.

This ointment can then be stored in the first aid kit and used to dab on spots, minor cuts and abrasions, burns, cold sores and eczema. You could even use it as a lip balm.