

# PREPARING CALENDULA OIL & SALVE

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**There are many ways to prepare herbal remedies, and each herbalist usually has their favorite methods. Use your intuition, knowledge, and skills and build upon your previous experiences when creating recipes and methods you like, and which work. Open your heart to the magic and surprises the plants offer. Remember when working with plant medicines to hold in your heart the qualities of**

**Gratitude, Respect, Reciprocity, Humility & Love**

## **Preparing Calendula Oil**

**There are many different approaches to making herbal-infused oils. Oils can be made with a variety of organic, cold-pressed oils; olive, sunflower, almond, and apricot-kernel are some commonly used oils. Avoid mineral-oil as it is petroleum-based. I prefer to use organic olive oil as it is readily absorbed into the skin and does not go rancid as quickly as other oils.**

**For making 16 ounces of calendula oil: Place 2 cups of dried calendula flowers into a blender and 2 cups (and a bit more) of olive oil. Blend and pour the mixture into a clean glass pint or quart jar, cover with a lid and place in a warm place for 2-3 weeks. The ideal temperature for infusing herbal oils is 80-100F. Heat sources: yogurt maker, oven of a gas stove that has a pilot light (be sure to put a sign on the oven to remind yourself of oils in your oven), crock pot (be sure to first test the temperature by heating water as you do not want the oil to heat much above 100F., some people put their jars in full sun. Calendula oil should turn a lovely deep amber color. At the end of the infusing period pour the oil through unbleached cheesecloth and squeeze the plant material to get as much oil as possible from the flowers. Bottle the oil, label, date and store in a cool cupboard away from sunlight. Most oils have a shelf-life of 12-18 months if stored properly.**

**To make 16 ounces of salve:**

**Place 2 cups (16 ounces) of calendula oil into a glass, stainless or enamel pot.**

**Add 3-4 ounces of good quality beeswax into the oil and slowly warm on the stove, stirring occasionally. Beeswax melts at 140 F. Stay close to your pot as the oil and beeswax will smoke if the temperature gets too hot.**

**Once the oil and beeswax are liquefied together, pour the warm oil into small glass containers or tins and watch the salve solidify before your eyes as the mixture cools. Once cool seal the containers and be sure to label and date. Salves and oils stored in a cool, dark place will last 12-18 months. Thank you for making calendula salves and giving them away in the spirit of healing.**