

CALENDULA BALM RECIPE



This can be used for lips or any sore areas of skin including babies' bottoms. Soothing, gentle, analgesic and healing.

Make sure everything used is clean and germ free.

To make the Calendula Oil

Take some fresh or dried calendula officinalis flowers, "not ordinary marigolds" you will need to grow these, they are common in garden centres or you can send off for some seeds.

Fill a jar to the top with fresh or dried flowers, press down and pour organic olive oil into the jar until the flowers are covered.

I place a glass tea light holder on top to hold down the flowers beneath the oil, if they stick out of the oil it may spoil.

Leave in a dark cupboard for 2 months.

After 2 months strain off the oil, it will be orange. Discard the plant matter.

If you have used dried flowers dilute 50/50 with organic almond oil or cold pressed organic sunflower oil.

This recipe will make approx 10, 15 ml tins, or one big one.

Ingredients

- 150 ml Calendula Oil.
- 15 grams Candelilla Wax.

Method

Have containers ready.

Heat oil over a ban-marie.

When warm add the wax, stir now and then until melted.

Check consistency by having a small glass of iced water, and putting a few drops of the mix into the water, it should set but rub easily into the skin.

Make sure no water gets into the balm mixture as it will spoil.

Take off the heat.

Wipe condensed water off the bottom of the ban marie dish and pour into containers (you may need to decant into a jug before pouring into containers)

If you don't use organic ingredients the result won't be as strong or as good quality.

Naturally Balmy sell containers online, these usually arrive quickly,

Candelilla wax you can be obtained on the internet. Lots of places do this.

Have fun!

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