



# Benefits of Calendula Oil & Tincture

**Calendula officinalis – Pot Marigold** has many healing uses and belongs in everyone's homes and gardens.

## Benefits

1. Wounds and ulcers: Calendula is unrivaled in the healing of wounds. It is effective at preventing viral attacks and fungal infections from wounds. Calendula will keep the wound odorless and reduce pus formation. You can apply it both on old and new wounds; it will quickly reduce discomfort.
2. Treats chapped/dry skin: Calendula oil contains carotenoids that do not only moisturize your skin but also make it soft and increase the capability of retaining moisture. A very effective lip balm.
3. Works on scars: You can also use this oil on scars to reduce their appearance on skin. You can add a few drops of calendula oil to your bath water regularly to eliminate the scars.
4. Reduces thread veins: Thread veins are those tiny veins that are broken and appear on the skin. You can reduce them by regularly washing with calendula mixed into water.
5. Helps reduce skin acne: This oil is used in skin care products for its anti-inflammatory and antibacterial properties. It is also used in massage oil and face cream. It very helpful with skin problems like acne. Use as a facial: After washing the face, take a few drops of calendula oil and dab on your face. Massage well into the skin.
6. Bug bites and animal bites: Can aid in reducing pain irritation from bug bites. Small animal bites can be treated by applying a few drops of calendula oil.
7. Aids healing of burns, scalds and sunburns: The anti-inflammatory agents of calendula oil can diminish pain from burns. You can use a few drops of calendula oil on sunburns to sooth the pain. Or use the tincture diluted in water and spray on the wound. Additionally, to use on burns in a compress, use muslin saturated with a diluted calendula solution.

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.

## Benefits of Calendula Oil & Tincture *(continued)*

8. **Reduce diaper rashes:** Apply the oil (or a salve made from it) and then sprinkle some bentonite clay over the area. Both calendula oil and clay are considered cloth diaper friendly.
9. **Use before applying makeup or to repair skin around eyes:** You can use calendula oil on your face before putting makeup on it. You can take a few drops of calendula oil on your fingertips and apply on the skin around your eyes. It can be applied to the face regularly before going to bed to repair the skin.
10. **A few other ideas:** Massaging with calendula oil can give relief to arthritis patients. The antioxidant properties of the oil can eliminate the harmful effects of the chemicals on your skin. It can aid in the healing of bed sores. Additionally, it can be used after childbirth for tears both externally and internally. The petals and the leaves of the marigold can be eaten in a salad.

### **Making Calendula Tincture:**

Tinctures are made from the leaves and flowers. Succus is made from fresh plant juice.

Herbalist Stephen Buhner's recipe is 1 part fresh flowers to 2 parts 190 proof alcohol. Grind up the flower petals, place in a sterilized mason jar and pour the alcohol over them. Place them in a dark spot for 3 weeks, shaking them once each day. After three weeks is complete, decant the tincture into a smaller jar. You can also make a tincture using dried flowers with a ratio 1 part dried flowers, 5 parts 70% alcohol.

**How to use:** The tincture can be used for all wounds; one of the greatest healing agents. A few drops can be added to water and consumed or applied to wounds. They can be added to spray bottles and spritzed on wounds or in the mouth.

**Herbal Actions:** Anti-inflammatory, Lymphagogue, Vulnerary (promotes wound healing), Antibacterial, Antiseptic, Antifungal, Emmenagogue (stimulates menstrual flow), Cholagogue (stimulates bile).

### **Making Calendula Oil:**

Can be used internally and externally – It is a wonderful healing agent and can be used in a variety of ways. Richo Cech's book, Making Plant Medicine, details how to make fresh and dried herb oils on page 85:

- 100 g dried and coarsely ground calendula blossoms
- 500 ml olive oil



## Benefits of Calendula Oil & Tincture *(continued)*

Place ingredients in a crockpot or mason jar. Stir thoroughly until oil and herbs are incorporated. Maintain at a temperature of 110° to 120°F for two weeks. Keep dry infusions out of the sunlight. Stir the oil at least 1 time daily. Once 2 weeks is complete press the oil. Use a tincture press to press out all the oil from the dried herbs. Pour into a clean, dry jar. Allow to stand overnight. Carefully decant through several layers of cheesecloth into another clean, dry jar. Leave the sludge. Good for approximately 2 years.

Homeopathically Calendula is used for open, torn, cut, lacerated, ragged or suppurating wounds. Wounds raw and inflamed; it takes away the local pain. The parts around the wound become red, with staining in the wound. Pain excessive and out of all proportion to injury. Antiseptic for sores, abscesses, infection at the site of a wound.

### **References:**

<https://www.extrachai.com/benefits-and-uses-of-calendula-oil-skin/>

<https://mommypotamus.com/calendula-oil-benefits-uses/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4665477/>

Robin Murphy, Natures Materia Medica

<https://chestnutherbs.com/calendula-sunshine-incarnate-an-edible-and-medicinal-flower/>

