

Calendula Salve



INGREDIENTS

- 200 ml boiling water
- 1 Tablespoon dried calendula flowers or 3 Tbsp. fresh flowers
- 60 ml emulsifying ointment or Vaseline
- 1 Tbsp glycerine
- 1 Tbsp honey



DIRECTIONS

- Pour the boiling water over the herb. Cover and leave until cool.
- Strain and keep the water infusion.
- Put the emulsifying ointment, glycerine and honey in a bowl over a pot of simmering water and stir until melted
- Remove from heat and add 150ml of the calendula infusion. Stir well until cooled. It will reach a consistency of thick cream.
- Pour into a small glass jar.
- Label with name and date

USED FOR

This is a useful salve for acne, cuts, rashes, eczema, acne, cracked nipples or skin wounds.

