



Calendula Ointment

My girls and I have been making this ointment by various methods since they were in preschool. I use this ointment in palliative care situations especially for pressure sores. It is also great for kids' scraped knees, bug bites and other superficial wounds. In bio-organic farming calendula salves are used in cows for mastitis.

The flowers of the *Calendula officinalis* (a type of marigold) plant are known for their antiseptic, anti-inflammatory, anti-oxidant and skin healing properties and are also used in herbal teas.

I find this ointment to be very pleasant and safe to use on animals – ingestion is not a concern. The beeswax base creates a temporary waterproof barrier that helps to protect superficial wounds. Hygiene, good padding and frequent turning are also essential in the care and prevention of pressure sores.

--Clean the area before applying. This ointment should not be used on deep or infected wounds. Use a fresh applicator every time to keep ointment clean.

*Preparation:

- 50g of dried *calendula officinalis* flowers
- 250ml + of good quality organic olive oil
- 20g beeswax – clean / pharmaceutical quality

Put the flowers and olive oil into a double boiler – flowers should be just covered. Gently heat the oil and flowers over a double boiler for 2-3 hours to infuse the oil. When cool enough to handle, strain the flowers out using a few layers of cheesecloth.

Melt **20g beeswax** in double boiler with **150ml calendula infused olive oil**. Once melted, carefully pour into small clean glass jars for use.

If you have extra oil, it is great for dry hands in the winter.

* This particular recipe was inspired by one found in my graduate Western Veterinary Herbal Medicine course through CIVT (College of Integrative Veterinary Therapies) www.civtedu.org

Warmly,

Kris August, DVM, budding veterinary herbalist
Harmony Housecalls
Ames, Iowa
515-231-4928
www.harmonyhousecalls.com

One of my favorite sources for herbal supplies is www.mountainroseherbs.com
You can find beeswax and dried calendula flowers (as well as seeds!) there.
No, I don't work for them.