



# *Favorite Calendula Recipes!*

Healing Foot Soak - Calendula Slather -  
Luscious Skin Salt Glow - And More

BY KAMI MCBRIDE





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# INTRODUCTION



*Kami McBride*

I am so grateful you took the time to download this little e-book of some of my favorite calendula recipes. These **recipes** contain **30+ years** of me working with students and clients to reclaim the civic art of home herbalism. Being here, you are part of a wonderful growing movement of people becoming skillful in using home herbal remedies as a primary wellness strategy. I am so glad you are here.

With more information being revealed about just how many toxic chemicals are found in common body care products, you are probably one of those people wanting to take your health into your own hands.

These recipes are simple, but when made right and used, their benefits can be profound. I've been making calendula infused oils since 1988 and carry hundreds of stories people have shared over the years about how these home remedies have helped heal **body, mind and soul!**

Having these wonderful self-care calendula remedies around, support you to:

- Eliminate harmful chemicals from your body care
- Educate your children in the art of herbal self-care
- Share your hand-crafted body care remedies with friends and family
- Create unique holiday gifts
- Enjoy the luxury of smooth and silky skin
- Use a healing herbal remedy to help with, headaches, scars, sore muscles and much more
- Save money!

*Enjoy your herbal crafting!*

# CALENDULA



## CALENDULA (COMMON NAME)

*Calendula officinalis* (Botanical name)

Part used: flowers

Calendula is soothing and healing for minor skin problems and is used for cuts, scrapes, inflamed skin, minor burns and sunburn. It helps with rashes, diaper rash and dry skin. It does wonders for chapped lips, dry patches and cracked heels. It helps with slow healing cuts, bruises, abrasions, sprains and strains.

Calendula will heal minor scrapes and scratches and is helpful for just about any skin irritation. It helps alleviate acute and chronic skin problems and moisturizes the skin.

Calendula is also a wonderful herb for reducing your susceptibility to a cold. This plant has strong anti-bacterial properties and helps to fight off colds and infections. I like to take a calendula bath if I feel like I've been around people that are getting sick.

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When calendula flowers find their way into your self-care routines, they work miracles on your skin. These golden flowers are renowned for their ability to reduce redness, itching and topical inflammation. Calendula helps to soothe and repair the skin and reduces injury recovery time. If you have been working in the garden or picking blackberries and have lots of fresh little scratches, (I live in blackberry country) put calendula into your bath preparation.



## HERBAL SALT GLOW

This herbal salt glow relaxes muscles, activates lymph, heals skin, and can help with tension and stress. You can use this remedy once or twice a week.

Kids love doing salt glows! They are a wonderful way to inspire our children to be engaged in their self-care and wellness. Over time they become more empowered in their skill of self-healing. They discover that with herbal skin care techniques like salt glows, they have the ability to relax, calm themselves down, reduce the inflammation on their skin, disinfect a scratch and discharge a stressful day. They realize that with a little attention, they have the ability to take care of their body in very simple ways.

Doing an herbal salt glow is easy. It doesn't have to go over your entire body, focus on your hands and feet. This isn't a facial treatment or for sensitive parts of the body. I like to do salt glow on arms and legs, hands and feet and my neck. You can salt glow as much or as little of your body as you like.

If you have open cuts, the salt will burn, so you may want to avoid any open skin.

It is the combination of salt and oil together that makes this such a wonderful treatment. The salt exfoliates and stimulates circulation while the oil keeps the salt from drying out the skin. Then you add in the magnificent healing qualities of calendula...



# Herbal Salt Glow

## INGREDIENTS

1 cup sea salt

¼ cup dried, powdered calendula. Use dried, powdered calendula for this recipe. You can purchase them powdered or powder them in your blender.

¼ cup calendula infused oil

## DIRECTIONS

1. Mix all the ingredients together well.
2. Store it in a plastic container near the bathtub.  
This will store well in the bathtub area for about a month as long as water and moisture don't get into the container and degrade the oil.
3. Get your body wet.
4. Then apply the part of or all the mixture to your whole body or just your hands or feet. You can gently scrub it into the skin and leave on for at least 2 minutes and up to 5 minutes.
5. Make sure to stay hydrated: salt is drawing and dehydrating, so drink plenty of fluids to prevent dizziness or dehydration.
6. Wash all the salt off your skin.



## **FOOT SOAK**

A foot soak is a great way to end the day. It's such a nice thing to do for the people that you live with. It's a good family practice to just sit around and do.

There are so many nerve endings on the feet. There's a lot of herbal traditions that talk about that you treat the whole body when you treat the feet. This is something that you can do with people who aren't into oiling their body or using all kinds of herbal remedies. You can treat them through their feet and people love this. This is a great family practice, home practice--something that we can do for each other.

This home remedy seems too simple, but taking time to tend to the feet is a game changer. If you've had a rough day or are just ready to let go, give this one a try, it will become a self-care staple.





# Foot Soak

## INGREDIENTS

- 1 gallon warm water
- 1/4 cup calendula infused oil

## DIRECTIONS

1. Put the water and oil in a basin and mix it around. The oil will kind of separate and go to the edges, so you keep mixing it now and again while you are doing the foot soak.
2. Soak your feet for 10-15 minutes or however long you feel comfortable.







## **CALENDULA SALVE**

I love my herb infused oils! But sometimes you need to travel and let's face it; it's just a little easier to keep your herbal oils from escaping the jar if you turn them into salve!

Calendula salve is an incredibly versatile home remedy skin care product. It is antibacterial, antifungal, anti-inflammatory, antispasmodic and vulnerary. The vulnerary effects of calendula soothe and repair acute and chronic skin conditions. It increases the rate at which healthy skin cells regenerate and heal.

Calendula salve also increases circulation. It helps to resolve stagnation, bruising and sore muscles. Calendula salve makes a wonderful gift and is good for all skin types. I think you are going to really enjoy using your salve!

I wonder how people live without salve. We use it for achy joints, bruises, chapped lips, cuts, dry skin, headaches, insect bites, muscle strains, scrapes, sore spots, sprains, stings, sunburn and general 'owies' of all forms. Whew, that is a long list, and there is more. I just can't think of all of it right now.

I can't tell you how much money I have saved our family by making our own salves. When you have salve around you can just eliminate lots of other body care products!

# Calendula Salve

## INGREDIENTS

1 ounce calendula infused oil by volume, not weight  
(measured in a measuring cup)

1 tablespoon grated beeswax

## DIRECTIONS

1. Grate the beeswax into medium shredded pieces. Think of when you grate cheddar cheese, if you use the smallest holes on the grater, it just gums up the grater. Use the medium holes just like you would if you were grating cheese. You can chop the beeswax with a knife, grate it with a cheese grater or purchase the beeswax already cut into small pearls.
2. The beeswax pearls are denser than grated beeswax, so the measurements vary depending on which type of beeswax you add. I use a heaping tablespoon of grated beeswax to a scant tablespoon of beeswax pearls. Basically, my recipes are made for home grated beeswax, so just use a little less if you are going to use the already prepared beeswax pearls that can be purchased.
3. A double boiler has a top pot that fits into a bottom pot. Put water in the bottom pot; put the top pot on the pot with water in it and bring the water to a boil. (Say that five times.) Baine-marie is another name for this.
4. If you don't have a double boiler, just make one up. Put water in a pot and then put another pot that fits on top of the pot with the water in it.
5. Put the beeswax in the upper pot and melt it.
6. Slowly add your infused herbal oil a little at a time until the oil and beeswax melt together.
7. Remove the pot from the heat as soon as everything is melted together. Make sure that you do not overheat the oil. The oil should never be too hot to put your finger into.
8. While mixture is still hot, pour it into a measuring cup.

# Calendula Salve

## DIRECTIONS

9. From the measuring cup pour mixture into sterilized glass jars, lip gloss tubes or whatever container you have chosen.
10. I like to wash new containers in the dishwasher or by hand before using them.
11. Make sure the container is completely dry before adding the salve to it.
12. Usually some of the salve hardens on the edge of the measuring cup before you can get it all into containers.
13. Use a spatula to scrape all the hardened salve off the bottom and edges of the measuring cup and put it back into the pot.
14. Re-heat the hardened salve until it is liquid again, then pour it back into the measuring cup.
15. Finish filling your salve or lip balm containers.
16. Let the salve jar sit on the counter until the salve has hardened, then put the lid on the container.
17. If your salve hardens and there is something about the texture that you would like to change, you can scoop everything back into the pot and start over. If your salve is too runny, add a little more beeswax, if it is too hard, add a little more oil. Don't do this too many times though, because the heating process will begin to degrade the oil quality.
18. Make a label for your salve. List the ingredients and the date the salve was made. Think up a special name for this batch of salve, be creative! Put the label on the salve container.
19. Take a moment to think about what you will use this salve for. Think about whom you might give it to and how it could help them. This is called adding love and best wishes to your salve. The extra added ingredient that heals. You can't buy that in the store.



## CALENDULA SLATHER

Slathers are made in exactly the same way as a salve; just reduce the amount of beeswax that you add to the oil. Follow the guidelines for making salve and pay attention to the adjustment in the beeswax to oil ratio to turn a salve into a slather.

The basic proportion of oil to beeswax for a salve is 1 ounce of oil (measured by volume in a measuring cup) to 1 tablespoon of grated beeswax. Through the years I found that I liked making salves with less beeswax. They were easier to use for massage, so I gave them the name of slathers. Slather just seemed like the right name because they are so easy to slather all over your body.

Maybe someday slather will be in the dictionary or Wikipedia or in the US pharmacopeia of standard herbal medicine making techniques. Around here, it is a household word. Maybe this is what I will be remembered for long after I am gone. “Oh, you know, she is the one that popularized the slather”. SMILEY FACE That amazing zone of perfection somewhere between oil and salve, not too runny yet not too hard. Just enough beeswax to keep it from oozing out of the container, yet it still slides like an oil when applied to the skin. 😊



# Calendula Slather

## INGREDIENTS

2 ounces calendula infused oil by  
volume (not weight)

1 tablespoon grated beeswax  
(measure with a tablespoon)



## CALENDULA BATH

Herbal bathing is a great way to relax, heal and also support healthy skin function. The skin is the largest organ in the body. It is an organ of elimination just like the lungs, kidneys and colon. The skin contributes to many important functions such as secretion, absorption, excretion, temperature regulation, immune function and sensory reception. When you take an herbal bath, you are dipping all of your skin into this calendula preparation.

Herbal bathing can help you get more in touch with your body, your senses and how you feel. Allow the aroma and textures to melt away your thoughts and just bring you into a present sensory experience of how you feel right here and now in the tub. Moments of peace and contentment lay the groundwork for healing.

I love herbal bathing because it is a powerful therapy that is easily incorporated into our busy lives. Everyone washes with water, it really is not that much extra effort to throw some herbs into the routine.

We take calendula baths year around. These flowers are a great addition to your bath if you are trying to keep away a cold in the winter. Calendula is also a good bath ingredient in the summer for healing the skin from all the cuts and scratches that a summer day of play can bring.

## INGREDIENTS

1 muslin pouch or 7 X 7 piece of T-shirt material wrapped with a rubber band

2-3 tablespoons dried calendula

## INSTRUCTIONS

1. Make your own bath tea bag by putting four tablespoons of dried herbs into a sock, old piece of T-shirt fabric, cotton muslin tea bag or just about any kind of tightly woven cloth. Use string or a rubber band and tie the cloth shut to make a sachet/pouch/bath bag with the herbs in the cloth
2. Secure the fabric tightly so the herbs don't spill out
3. Hook or loosely tie the little sachet of herbs under the tub spout so the water will pour through your homemade bath tea bag as your bath fills up
4. Once your bath is drawn just let the sachet of herbs float in the tub. Squeeze the bath bag several times while you are in the bath. Breathe in the scent and watch the water change color
5. Remove the Bath Tea Bag from the bath tub when you are finished with your bath
6. Herbal bath tea bags can be used
7. three times within about four days. If the wet pouch sits around longer than that it gets moldy. We use the same pouch for three days in a row then remove the herbs
8. Rinse the herbs out of the pouch. Wash and dry the material that you used to make the bath tea bag and re-use it



## Calendula Bath Tea Bags

Using bath tea bags is the easiest and most convenient way to get healing herbs into your bathtub. Bath Tea Bags are made with dried herbs. I have a large jar full of herbal bath tea bags and keep them in the bathroom cupboard. Grabbing a bath bag is part of setting up for bath time! Get out your towel, pajamas and a bath tea bag before settling into your healing routine of the evening bath. Bath tea bags are easy to create and make great gifts.





Kami McBride is a Clinical Herbalist graduate of the Southwest School of Botanical Medicine (1991) and author of The Herbal Kitchen.

Kami has taught herbal medicine in the Complimentary and Alternative Medicine Department at University of California, San Francisco School of Nursing. Over the past 30+ years she has helped thousands of families to make the highest quality herbal remedies for their self-care to prevent illness, take care of common ailments and protect their health naturally.

She has decades of experience in helping people make the most potent and shelf stable herbal oils possible. Kami has created the most comprehensive resource on making the most potent herbal infused oils for home use and body care products. You won't find this level of oil making experience in any book.

If you want to make the VERY best herbal oils possible for your body oils, salves, balms and lotions, [click here](#).

*Kami McBride*