



EVERYTHING HERBAL

by Cheryl Jabz

Calendula Infused Oil

(BASE FOR EVERYTHING)

INGREDIENTS:

- 1 cup dried calendula petals
- 1 cup olive oil (or sweet almond oil)

INSTRUCTIONS:

Place calendula in a clean jar. Cover completely with oil. Seal and let sit 2–4 weeks (shake daily), or gently heat for 2–3 hours. Strain and store in a dark bottle.

*Use for salves, lotions,
massage oils, and soap.*



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