



HOW TO MAKE CALENDULA FLOWER OIL FOR BODY CARE PRODUCTS



BY
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Calendula Flower Oil For Body Care Products by Joan Morais

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Calendula Flower ~ One of the Best Skin Care Herbs



(photos from my garden)

Calendula Calendula officinalis

When I talk about calendula (pronounced ka-len-jew- la) in my classes, several people say they haven't heard of this herb. When they see the spelling of calendula they say, "oh, I have heard of cal-en-doo-la." It is in the Asteraceae family.

Calendula is also known as pot marigold as it was used in the olden days to add flavor to soups and stews and was added to the cooking pot and that's why it's called, pot marigold. Calendula was used as a colorant for a cheap substitute in place of saffron to color butter, cheese, cakes, puddings, cosmetics and fabrics. The name is derived from the calendar since the flower blooms about once a month. The name is derived from the Latin calandae as it blooms for most of the calendar year.

Calendula is one of my favorite herbs and flowers and looks beautiful in the garden. It attracts butterflies and bees. Calendula requires very low maintenance; it is easy to dry and is an excellent ingredient for skin care products. Calendula petals are edible and I add them to salads and drinks. I also make a drinking tea with it.

Easy to Grow



(photos from my garden)

Calendula grows easily from seed or a small plant and keeps growing year after year with little care. In California, calendula flowers grow for most of the year and re-seeds, sprouting up new plants. It is a sun loving plant; the flower opens with the morning sun and closes in the evening.

There are about 21 varieties of calendula with colors of yellow, orange and peach to red. It is claimed that certain varieties are more medicinal due to a higher content of resin in the bracts, the base of the flower. Erfurter Orangefarbige is a variety considered superior for medicinal purposes and infusing the flower into oil for topical use due to the high resin content. It prefers milder growing conditions. There are more heat tolerant varieties like Pacific Beauty with yellow and orange flowers that is also medicinal and good for edible purposes. For large petals for edible use and a milder flavor and not so resinous, try the variety Radio Extra. Seeds can be sourced online.

If you want seeds, don't harvest all of the calendula flowers, leave some and allow them go to seed. In the fall, the flower head will dry with the seeds contained in it. Pick the dried flower heads, sort the seeds out and store them in a dry container.

Plant the seeds in the springtime about ¼ inch deep. A few weeks, 2nd quarter moon to the full moon is a great time to plant the seeds as the moon pulls more moisture into the soil and the seed sprouts sooner. Plant the seeds about 5 inches apart, in full sun to part shade. Plant your seeds a day before, during or after the full moon. Water the seeds regularly. Once established plants, they will require less water.

Harvesting Calendula



I pick the calendula flower head mid-morning to early afternoon after the morning dew has evaporated and the flower is fully open. Snip the flower head off at the bract, base of the flower, with scissors or your fingers.

After harvesting the flowers on a warm day, I keep them in a basket for a few hours in the shade to start drying up. I then place the flowers in a paper bag or on a rack. Each day, shake the bag or turn the flowers to completely dry and not stick together.

Try harvesting the flowers after a full moon, during the 4th quarter moon, there is less moisture in the plants at this time.

Drying Calendula Flowers

Place the whole flowers in a brown paper bag or onto a screen or rack and dry them in a dry area. Make sure they are completely dry before infusing into any oil. I have also dried them in my dehydrator.



Dry in a paper bag and shake the bag each day.



Dry on a rack like a baking cooling rack, turn over each day until they don't stick to the rack.

Dried Calendula Flowers



Keep the whole flower intact to dry and infuse into the plant oil. The bract, the base of the flower, contains the healing resin. If you only using the petals, it eliminates some of this resin.

Dried calendula flowers can be sourced from a reputable herb supplier. I purchase organic or unsprayed calendula flowers. Mountain Rose Herbs in the USA is a great source. Take time to learn where the supplier sources the calendula from. Make sure the calendula flower is vibrant yellow or orange. The vibrant color is a sign it is freshly dried with the healing components.

CALENDULA FLOWER OIL



Calendula flower oil is one of the best oils for skin, even a baby's skin. Calendula flower oil can be used in handmade soap, lotion, cleanser, face mist, body scrub, serum, body oil, salve, balm, shampoo, conditioner and hair mist.

Calendula Oil is Known for

- Promoting cell repair and regenerating skin tissue
- Healing wounds
- Soothing inflamed and irritated skin
- Adding shine to hair
- Promoting soft hair
- As an antibacterial and antifungal

Use Calendula Oil for

- Most skin types
- Most hair types
- Softening skin
- Diaper rash
- Inflamed, irritated and chapped skin
- Dry Eczema, dry psoriasis
- Rashes
- Burns
- Bruises

Plant Oils for Infusing Calendula Flowers

I make calendula flower oil with the dried flowers by infusing them into organic olive oil, organic sunflower oil, organic coconut oil, organic almond oil, organic apricot oil or organic jojoba oil. It depends on if I am using it in a healing salve or in a skin care product. I think sunflower oil has a synergy with the calendula flowers. Sunflowers are sun loving flowers like calendula flowers. They are both yellow. Sunflowers turn towards the sun and calendula flowers open with the sun. In the evening, sunflowers turn away from the sun and calendula flowers close up. The plant oil determines the feel on the skin. Some oils may feel too heavy on the face.

Organic Olive Oil

Olive oil is high in oleic acid and softens the skin. It nourishes the skin, strengthens the capillaries and helps to prevent water loss from the skin. Olive oil is heavier and is slowly absorbed by the skin. It is good for most skin types even sensitive but it may be too heavy for some when applied on the face.

Organic Sunflower Oil

Sunflower oil is high in oleic acid and Vitamins A, D, and E. It is deeply nourishing, conditioning and easily absorbed by the skin. Use for most skin types. Sunflower oil is not as heavy as olive oil and may be better for some when used on the face.

Organic Almond Oil

Almond oil is high in essential fatty acids and vitamin E. This nutritious light oil is easily absorbed into the skin and immediately softens the skin. It is emollient, nourishing, revitalizing, lubricating and soothing, plus, helps the skin to retain moisture. Use for most skin types.

Organic Apricot Oil

Apricot oil is very gentle for the skin and an excellent choice for baby's skin and sensitive skin. Apricot oil is high in essential fatty acids and vitamin A. It is highly emollient and softens, moisturizes and nourishes skin.

Organic Jojoba Oil

Jojoba oil softens and protects the skin. It helps make the skin supple and hold moisture. Jojoba is similar to the natural oil in human skin. It has a stable, long shelf life. Jojoba is easily absorbed by the skin and good for most skin types.

Organic Coconut Oil

Coconut oil is solid at 76°F/24°C. I use coconut oil when I use the heat infused method. Coconut oil is easily absorbed by the skin and fairly non-greasy. It helps to soften, cleanse and soothe the skin. Use for most skin types.

HOW TO MAKE CALENDULA INFUSED OIL

Calendula oil can be made with the fresh flower heads or the dried flower heads. Dried calendula flowers are excellent to infuse into oil as they do not have the moisture like the fresh flowers. There are several methods to make calendula oil.

Method #1: Solar Infused Folk Method

1. Cut the dried whole calendula flowers into small pieces into a clean dry glass jar until the jar is $\frac{3}{4}$ full, leave a few inches of space from the top of the jar.
2. Cover the flowers with olive, sunflower oil, almond, apricot or jojoba oil.
3. Cap the jar and shake gently.
4. Make sure all herbs are covered in the oil.
5. Place the jar in a sunny warm window to gently warm the oil and help extract the herb. Each day, gently shake the jar. I like to allow the oil and the flowers to have the sun light for two weeks and then I put the jar in a paper bag for the remaining one week. Your other options are to not put it in a paper bag for the entire time (I do this if the sunlight is too intense) or to put it in a paper bag the entire time. There is no absolute way. Go by your sense.
6. Strain the oil after 3 weeks. Strain the oil into a jar using a coffee filter, fry strainer paper or muslin cloth placed inside a funnel. Pour the oil into the filter and strain out the calendula flowers

Heat Infused Methods #2

There are numerous ways to do the heat infused method. You can use a crock pot, double boiler system or a water bath system.

Crock Pot Method

For this method, it is important the crock pot has a keep warm setting (low is too high) and the warm setting may heat the oil up too high. The temperature of the oil should be around 100°F/38°C. Pay attention to the oil and don't let it heat up past feeling warm. Turn off the crock pot if the oil is heating past warm. This depends on the amount of oil in the crock pot and the amount of time the oil is heating up.



This crock pot works well for small amounts of oil, a 1.5 quart, Proctor Silex, model #33015 slow cooker with temperature setting of keep warm, low and high.

Crock Pot Method

This is a gentle heat method. Use a crock pot with a warm temperature setting. Pay attention to the temperature of the oil. The warm setting can get too hot with a low amount of oil and an extended heat time.

1. Cut up dried calendula flowers and place into the crock pot.
2. Cover the flowers with oil (olive, sunflower or other oil).
3. Lightly warm plant oil on the lowest temperature (keep warm setting) for 4 -10 hours, it can go up to 24 hours keeping the plant oil slightly warm, until the color of the oil takes on a golden hue and smells like calendula. Depending on the crock pot, you may need to turn it off and then on again, if the plant oil starts to heat past a warm temperature. *The plant oil should be warm only, not hot!* The plant oil temperature should be around 100°F/38°C - 120°F/49°C.

4. Stir the oil several times during this time.
(I infuse positive intentions while I stir my oil. Example: Thank You for this beautiful calendula oil. May this calendula oil bring healing and wellness to those that use it.)
5. Strain the plant oil into a jar using a coffee filter, muslin cloth or fry straining paper placed inside a funnel to remove the calendula flowers.
6. It helps to first use a spoon to remove as much plant oil as possible, put it through the filter and then pour the remaining plant oil and flowers through the filter.
7. Place the plant oil drenched flowers into the filter and squeeze the remaining plant oil out of the flowers.
8. If there is any sediment in the plant oil, filter the plant oil a second time.
9. Store the infused calendula oil in a cool, dry place. This calendula flower oil will last 1-3 years, depending on the plant oil used.
10. Add an antioxidant to extend the shelf life of the calendula flower oil.
Add vitamin E oil at 1%.

Double Boiler Method or Water Bath Method

Follow basic directions for crock pot method with the exception of using the double boiler method or water bath method.

Place the dried calendula flowers in a jar and cover with plant oil. Cap and seal tightly. Follow the basic instructions for the crock pot method with the exception of using a *double boiler system or *water bath system.

-Double Broiler Method: Use a double broiler or two pots-a smaller pot and larger pot, add water into the bottom pot and gently heat.

-Water Bath Method: Place the tightly sealed jar of calendula flowers covered in plant oil, into a crock pot add water to into the crock pot to cover about ½ of the jar and gently warm.

*Double boiler system is a gentle heating method with a smaller pot inside a larger pot and the larger pot underneath the smaller pot contains a small amount of water.

*Water bath method is a gentle heating method surrounding the tightly sealed jar with warm water to heat the plant oil.

30 minutes for 3 Days

I studied under a 7th generation Maya healer and she infused herbs in a pan directly on the stove on low heat. She infused the herbs in the plant oil for 30 minutes a day and for 3 days.

Day 1 Infuse the calendula flowers into the plant oil on low heat for 30 minutes, turn off heat, when the plant oil is cool, cover the pot.

Day 2 Infuse the calendula flowers into the plant oil on low heat for 30 minutes, turn off heat, when the plant oil is cool, cover the pot.

Day 3 Infuse the calendula flowers into the plant oil on low heat for 30 minutes, turn off heat and cool the plant oil.

Strain calendula flowers from the oil.

Trust Your Sense

Don't get too caught up on the method and which one is best. Review the methods and choose one to try. Trust your sense, observe the calendula flower, the color and scent of the oil as it is being infused. Check the oil to make sure the temperature is not above slightly warm. It can be very simple. Herbalists have used the simple folk method for hundreds of years and it worked.

Straining the Flowers From the Plant Oil



This infused calendula oil shown here looks green in the bottle because of the green glass.

It helps to pour as much plant oil as you can, holding back the flowers, and allow to strain and into the jar. Finally, pour the remaining plant oil with the flowers and press on them to squeeze the remaining plant oil out of the flowers.

The infused calendula oil should be a rich golden color.

Use this calendula flower oil to make your medicinal salves and balms or add into body, skin and hair care products.

Calendula Healing Salve



Salve is an ointment used to speed up healing. Use this salve on bruises, cuts, scrapes, burns, rashes and chapped skin.

Ingredients

4 fluid ounces (1/2 cup or 120 ml) *calendula flower oil
1 tablespoon candelilla wax (the one with very tiny spheres)
24 drops or ¼ teaspoon essential oil (try lavender, rose geranium or an essential oil blend) *optional*

How to make a Calendula Healing Salve

1. Place the dried calendula flowers, plant oil and candelilla wax oil into a small pot, crock pot or double boiler.
2. Gently heat to melt the candelilla wax. Be careful not to overheat and burn the oil. When the candelilla wax is completely melted and the mixture is clear, remove the pot from heat. *Test your salve.
3. If adding essential oils, allow the mixture to cool but not set up and then add the essential oils and gently stir until thoroughly mixed in.
4. Pour the salve immediately into the jar or tin and allow it to firm.
5. Cap and label.

*Test the salve for firmness: place a small amount of the salve onto a metal spoon and cool, try it, if you want a firmer salve, add more candelilla wax.

Salves can last anywhere from one year to three years depending on how they are stored and the plant oil used in them. 1% Vitamin E oil can be added to extend the shelf life of the plant oils and essential oils. Store salves in a cool and dry place. Dark glass containers and tins work well.

*Calendula CO2 may be added to the oil instead of infusing the calendula flower. Calendula CO2 is almost identical to the plant. Use 0.50% to 1% in recipes. (up to 24 drops in 4 ounces of oil). Gently warm the oil and calendula CO2 and stir together.

Calendula's History

For more information on calendula's history, descriptions from old famous herbalists: Fuller, Culpepper and Gerard, go to

<https://www.botanical.com/botanical/mgmh/m/marigo16.html> .

About Joan Morais

I am the founder of Joan Morais Cosmetics School (JM Cosmetics School) and The Formulators LAB. I am a cosmetic formulator and instructor, aromatherapist and herbalist. I have mentored thousands in learning the science and art of cosmetic formulation.

Joan Morais Cosmetics School is an online school and teaches how to formulate and make effective, safe, natural, organic, sustainable, plant-based, green and clean beauty products. We strive to provide excellent customer service and course materials in a format that is easy to learn, understand and assist students to be successful as a formulator and maker of natural skin and hair products.

My formulas contain high quality plant-based, vegan ingredients; natural, organic and wild crafted herbs, botanical extracts, pure plant butters, vegetable oils, essential oils and green chemistry ingredients. The results are effective natural cosmetics that promote nourished, radiant skin and hair and are friendly to people, animals and the earth.

I am Hawaiian born. I was born on the Hawaiian Island of Kaua'i, on Kamakani, one of the last sugar plantations and then moved to Kalaheo, near Mt. Waialeale (the wettest spot on earth). Our house was near a beautiful forest with majestic trees, plants, flowers that we played in. Hawai'i affected me deeply and left a deep imprint in me filled with the aroma of the trees, flowers, plants, ocean air, rain and beauty. It instilled my love and deep connection for nature and animals.