

# Carrier Oil Profile

Oil name:	Origin:	Family:	Made from:	Latin name:
Calendula	Mediterranean	Asteraceae	Macerated petals	Calendula Officinalis

## Calendula

Calendula originates from the Mediterranean region, and it has been grown for its single or double, yellow to bright orange flowers since the Middle Ages. It is now found in gardens worldwide and grows to about 50cm high, blooming continuously throughout the summer.

The plant likes the sun and will re-seed from year to year, even in poor soil. seeds are crescent to horseshoe in shape with a rough exterior.

Calendula oil is usually obtained by maceration - the blossoms are steeped in vegetable oil. The vegetable oils may vary. An absolute can also be produced by solvent extraction of the flowers.

### Main Properties Said To Be

Anti-bacterial, anti-fungal, anti-inflammatory.

### Main Therapeutic Uses

Said to be good for broken veins, bruises and eczema. Calendula oil is often used to lessen scarring wounds, stitches and child birth (stretch marks). It is also used in facial compresses and has proved successful in preparations for chapped and cracked skin.

### Main Constituents

Calendulin, glycerides of linoleic acid, glycerides of oleic acid.

### Other Comments

- ❁ During the Civil War calendula was used on the battle fields to treat bleeding wounds.
- ❁ Calendula has been used for many years in the kitchen: the bright flowers were used to dye butter and cheese, and the petals are still sprinkled on salads and other foods today by the discerning chef.
- ❁ Calendula is Latin for *Calendae* (the first day of the month) as the plant flowers all year round in the wild. 'Officinalis' applies to all plants that have been used as medicinal herbs.
- ❁ Like all macerated oils, Calendula is more expensive than a basic carrier oil, and so it is common to mix 25% calendula oil with 75% of an appropriate fixed oil.



**Note:-** Carrier Oil and Essential Oil Profiles available at £1.00 each or 7 for £5.00 - please telephone for an expanding list.



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