

Calendula & Chamomile Healing Hand Salve

Yield: Approx. 4 oz

Ingredients:

- ½ cup carrier oil (olive, jojoba, or almond all work)
- 2 Tbsp dried calendula flowers
- 2 Tbsp dried chamomile flowers
- 2 Tbsp beeswax pastilles
- Optional: a few drops of vitamin E or lavender essential oil
- Small glass jars (2 oz works great for gifting)

Instructions:

- Infuse your oil with calendula and chamomile—warm it gently for a few hours, or if time allows, seal in jar and shake gently daily for 3-6 weeks for a long infusion.
- Strain, then melt in the beeswax.
- Pour into jars, let it set, and admire your handiwork.

Preservation & Safety Notes:

Shelf life: ~6-12 months when stored in a cool, dark, dry place

External Use Only