

## Home Remedies for Inflamed Skin / Dermatitis

### Home-made Calendula Oil Infusion for Irritated Dry Skin

#### *Ingredients/Utensils:*

50 g fresh or dried calendula flowers and petals (calendula officinalis)  
200 ml cold-pressed olive oil or almond oil  
glass jar, wooden spoon, cheese cloth/coffee filter/sieve, double boiler, dark glass jar/bottle

#### Hot Infusion (faster):

Grind herbs in a coffee grinder and mix thoroughly with the oil in a glass bowl, using a wooden spoon. Using the double boiler method, simmer herb/oil mixture for approximately 1 hour in a water bath, then strain the infused oil through a cheese cloth, fine sieve or coffee filter. Store in an amber or dark glass jar/bottle in a cool place for up to 1 year.

#### Cold Infusion (traditional):

Fill a glass jar half full with ground herbs and add oil until jar is full. Use a wooden spoon to mix oil and herbs thoroughly to dislodge any air bubbles. Put the jar in a paper bag or box placed in sunlight or moonlight for 4-8 weeks (until herbs are translucent), strain and store calendula infused oil for up to 1 year in a cool place.

Topical uses: dermatitis, wounds, ulcers, bruises, dry skin, ear infections (few drops daily)

### Herbal Tea for Moist & Hot Skin (hot spots)

#### *Ingredients/Utensils:*

1 heaping tsp of herbs  
1 cup of water  
cup, lid/saucer

**Calendula, chamomile, echinacea or peppermint:** Pour hot water over a dried or fresh herbs, place a saucer/lid over the cup to keep volatile oils in and steep for 10-15 min. Strain tea and let cool to room temperature. Apply daily to irritated skin. Can be stored in the refrigerator up to 1 week.

**Green tea:** Make a cold infusion by stirring green tea into 1 cup of cold water and let sit overnight in the refrigerator. Spray topically onto inflamed skin. Can be stored in the refrigerator up to 1 week.