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★ ★ ★ ★ ★
Keine Stimmen

# Making Skin Care Oil



A pot of gold.
You can buy all kinds of oils and ointments at the store, but it's much more fun to make them yourself.

Marigold (*Calendula*) is perfect for this. Plus, it soothes minor cuts and scrapes, and you can also enjoy using it in the bath or as a massage oil.

## Materials

- Olive, sunflower, or jojoba oil (available at health food stores or supermarkets)
- Marigolds
- Glass jar
- Old but clean handkerchief or cloth
- Rubber band
- A bottle that seals tightly, preferably with a screw cap

## Making Marigold Oil

1. Pick the marigolds at the end of a sunny day. They will have dried out a bit by then.
2. Place the flower heads in the glass jar and pour enough oil over them so that the flowers are completely submerged.
3. Cover the jar with a clean cloth and secure it with a rubber band.
4. Place the jar in the sun.
5. Shake the jar every day... for three weeks!
6. After three weeks, strain the oil through a sieve and store it in a tightly sealed bottle.

Your homemade oil is great for soothing irritated skin (for example, to relieve sunburn and treat minor cuts).
You can also use the marigold oil as a bath oil or massage oil. So it makes a great gift for your mom or grandma.

## Caution

Do not confuse marigolds with Tagetes species.

These flowers (including African marigolds) have different properties and should **not** be taken internally.
Most essential oils cannot be ingested without risk!

## Variations

You can't just make oil from marigolds; there are also many other flowers for which God has intended different benefits. Here are a few examples:

- Roses: for insomnia and fatigue
- Chamomile: soothing and anti-inflammatory
- Rosemary: promotes good blood circulation

## Bible Verses

Oil as perfume:
*Fragrant oil that makes the face shine*
Psalm 104:15

Oil for the sick:
*...and anointed many sick people with oil and healed them*
Mark 6:13b (Sending Out of the 12 Disciples)

*He went to the injured man, poured oil and wine on his wounds, and bandaged them.*
Luke 10:34 (The Good Samaritan)

There are many more verses in the Bible that mention oil, so go explore and read your Bible :-)

## Sources

Cover photo: pixelio.de

Text:

- www.natuurlijkerwijs.com/goudsbloem
- www.tuinieren.nl

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