



Calendula

Parts Used: Whole flowers, be sure to use the entire flower head, including the green base, rather than the petals alone

Medicinal Preparations: Tea, tincture, infused oil, salve, broth, compress, poultice, sitz baths and yoni steams

Herbal Actions:

- Antibacterial
- Antifungal
- Anti-inflammatory
- Cholagogue (stimulates bile)
- Emmenagogue (stimulates menstrual flow)
- Lymphagogue
- Vulnerary (promotes wound healing)