

CALENDULA TEA Information

Calendula Tea (*Calendula officinalis*)

Used for the treatment of allergic conjunctivitis including the follicular form and cleaning mucky eyes in cases of dry eye.

Calendula contains skin-healing, anti-inflammatory and antimicrobial properties.



How to Make Calendula Tea:

- **Boiling water method with dried flowers:** Place 2 teaspoons of dried calendula flowers or tea in a clean mug and fill with boiling water. Allow to steep for 15-20 minutes.
- **Boiling water method with fresh flowers:** Fill a heat proof jar with fresh flowers and pour boiling water over them. Cap and let infuse until the tea has cooled.
- Strain the tea. Make small batches at a time and **store in your refrigerator**. Water infusions have a short shelf life so **discard the remainder after 2-3 days and make up a fresh lot**.

Treatment of Allergic Conjunctivitis: Immerse a cotton swab/wool ball into the solution then apply to the eye to allow the tea to soak onto the eye. Repeat up to 6 times daily initially and then twice daily for maintenance. This washes out allergens and provides an anti-inflammatory effect.

Can also be used to wash eyes in cases of dry eye.

Actions of Calendula Tea: Anti-inflammatory, Lymphatic, Astringent, Vulnerary (promote wound healing), Anti-microbial

SOURCES OF CALENDULA TEA:

Grow your own, Some Herbal shops or

Buy online: <http://www.naturalus.co.nz> – buy online organic Herbal calendula tea- 60gm – approx. price \$17 including postage (2016).