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INFUSED HEALING OIL INFORMATION SHEET

ARNICA

Arnica Montana

The pure essential arnica oil contains a high percentage of toxic constituents. However, arnica infused oil or homoeopathic tincture or ointment is a most valuable addition to any home first aid box. When applied externally, arnica infused oil stimulates the peripheral blood supply making it one of the best remedies for sprains, strains, bruises, RSI and similar problems. It may also be used in blends to relieve rheumatism and other inflammatory conditions.

CAUTION

Never use arnica infused oil on broken skin.

CALENDULA

Calendula officinalis

Be sure that you are using true calendula (marigold) as there is often confusion with African and French marigolds. These plants don't have the same properties and aren't suitable for therapeutic use. Calendula infused oil has powerful skin healing properties. This makes it useful as the main oil in creams and ointment for cracked skin, burns, eczema, inflammations, rashes, work-rough hands, nappy rash, grazes and wounds. It is an excellent treatment for sore nipples - use the oil alone rather than a cream. It also helps to fade old scars and can be used in the treatment of ulcers and varicose veins.

CARROT,

Daucus carota

Carrot has been regarded by the ancient healers as the 'herbal healer' of skin diseases, and recognised for its high content of Vitamin A. Carrot has also been known for its purification properties. From early childhood we are taught to eat carrots to improve our eyesight. Carrot brings relief of eyestrain and inflammation of the eyes.

HYPERICUM,

Hypericum perforatum

Also known as St John's Wart infused oil. When steeped in warm oil the yellow flowers release a rich, ruby-red oil with analgesic, astringent and antiseptic properties. The oil is excellent for easing the pain of minor burns, muscle and joint inflammation, nerve related pain such as neuralgia, fibrositis and wounds. The infused oil is available in most good health food stores but if you can find the plant in flower, it's really exciting to make this oil yourself.