

A smiling man with short brown hair, wearing a dark navy blue sweater and blue denim overalls, is holding a small clear glass bottle. He is standing in a bright, indoor setting with a green plant in the background.

CALENDULA AND SAGE THROAT SPRAY

FOR SORE THROATS

by Reece Carter



ENDEAVOUR
COLLEGE OF NATURAL HEALTH



CALENDULA AND SAGE THROAT SPRAY

Just as it is for skin, calendula is used to stimulate the repair of internal membranes and linings too. Combined here with sage, a traditional antibacterial, this throat spray can be used throughout the day to support natural healing processes and potentially reduce infection. Always check with a health professional if your symptoms don't improve. (Note: this remedy contains alcohol)

INGREDIENTS

Calendula and sage tincture:

- 25g dried calendula petals
- 25g dried sage leaves
- vodka, to cover

Throat spray:

- 50ml of calendula and sage tincture
- 50ml boiling water (filtered)
- 1 tablespoon food-grade vegetable glycerine

METHOD

1. Grind the sage and calendula in a coffee and spice grinder.
2. Pour into a sterile glass jar and add just enough vodka to cover the solids (approx. 200-300ml).
3. Replace lid, and leave jar in a cool, dark place for two weeks.
4. Strain contents of jar through muslin, and discard solids. The remaining liquid is called a tincture and can be stored in a sterile glass jar or bottle for use in this and other remedies.
5. Stir vegetable glycerine through boiling water until completely dissolved. Leave to cool.
6. Measure out 50ml of the tincture and pour into a 100ml spray bottle.
7. Pour in cool water/glycerine solution and replace lid.
8. Shake well before each use. Can be used as often as three or four times per day, and will last three months in the fridge.

ENQUIRE NOW

☎ 1300 462 887



endeavour.edu.au

