**FLORAL HYDROSOLS**

Floral hydrosols are the non-alcoholic distillate from the distillation of flowers; Lavender, Chamomile, Linden, Rose Geranium

**California Lavender (Lavandula x intermedia var. Grosso CT linalool/borneol ) hydrosol**

This hydrosol from select fields in California can be used by external application for all your skin care needs, especially if there is some sort of problem such as oily skin, acne or irritation. Because of the borneol content it is considered immune stimulating and revitalizing by inhalation or ingestion. Other Lavender hydrosols are soothing and relaxing, except when the essential oil contains camphor or cineol and then it is best used by inhalation for the respiratory system.

**German Chamomile (Matricaria recutita) & Roman Camomile (Chamaemelum nobile) hydrosol**

Baby Care- For cleaning the baby, you can make natural antiseptic wipes from diaper wipes or paper towels. Cut large paper towels in half, and put into a container. Add Camomile hydrosol. For teething, you can make a spray using a mister bottle and spritz into the mouth when the baby begins to feel pain from newly erupting teeth. For all ages and all skin care - Spray and wipe as a cleanser before or to remove makeup.

**Linden flowers, buds and leaves (Tilia europaea) hydrosol**

The hydrosol when produced during flowering is a bit different than when it is produced during leaf out and budding. The herb tea is called Lime flower tea. Hydrosol and herbal tea are delicious. The essential oil is produced by solvent extraction and can be irritating to the skin unless it is sufficiently reduced in concentration by adding to other products. The hydrosol is very soothing for external skin care. Can be sprayed on bed clothes or bedding for a soothing, relaxing inhalation which is antidepressant, relieving anxiety, easing insomnia and somewhat euphoric. Can be taken as a tonic drink. When the Linden is in flower, the hydrosol is a bit more floral and sweet and perfect as a baby spray or a few drops added to a baby's water. It is very relaxing, calming and good for dreaming.

**Rose (Rosa spp.) hydrosol**

A great toner for all skin types, and all ages and sexes. A fabulous addition to all skin and body care products. If you don't have Rose, Rose Geranium is a wonderful substitute. Spray on hankie, clothes or bedding as an aphrodisiac, it also eases nervousness and relaxes.

**Rose Geranium (Pelargonium graveolens) Hydrosol**

This should be distilled when it is in full flower in the spring. Sometimes it can be distilled again in the fall, but the fall distillation produces a much different hydrosol and essential oil. Externally, the hydrosol is useful for bathing, skin cellular regeneration. It balances the skin whether dry or oily. It is one of the few hydrosols that can be sprayed on smelly pets to deodorize them. If this hydrosol is inhaled via a spray, it is cooling, antidepressant, and useful to relieve hot flashes. This hydrosol can also be taken as a tonic drink (1 t/glass of water) and may be helpful to woman for hormonal balance and during menopause.

**Yarrow Flower (Achillea millefolium) hydrosol**

This somewhat unpleasant smelling hydrosol works on all body systems — circulatory, respiratory, and may be helpful in weight loss. It can be taken internally for low thyroid to balance while you use Seaweed absolute externally. Yarrow flower hydrosol can also be used to help balance the menstrual
cycle and the endocrine system and used internally for menopause. It is superb if used as a compress for varicose veins. It, plus Tea Tree, can be sprayed on the scalp and skin for seborrhea. The hydrosol is safe for topical use. To alter the odor blend it with other hydrosols. One suggestion is to mask the area with Niaouli, then spray with yarrow hydrosol. Be careful of this hydrosol as some distillers pick and distill the entire plant and not just the flowers which are the important part.

For More Information ~ Join the Aromatic Plant Project ~ Phone Toll-Free (877) 966-4227

HERBAL HYDROSOLS

Herbal hydrosols are the non-alcoholic distillate from the distillation of herbaceous plants, or from leaves, stems, barks and roots. These include Bay laurel, Sage, most Artemisia, Melissa and Lemon Verbena, etc.

Bay Laurel (Laurus nobilis) hydrosol
Take internally as a drink for swollen lymph nodes in breast tissue. It can also be used externally in a spray for breast cancer and fibroids. Dilute 2 T in a quart of water and drink a quart a day for 10 days as a detoxifying tonic. Bay has a particularly spicy odor and must be kept closely refrigerated as it has a short shelf life. It is a great tonic drink and should be alternated with other hydrosols rather than be used on a daily basis. It is picked and distilled in full flower (in California, that is, late March). We distilled our 2001 Bay on March 26, started with 3 large garden bags of fresh picked leaf. This was packed into 3 - 5 gallon containers and the leaves held down with a weight. Fresh spring water was added and totaled about 10 gallons (3 gallons per container). The leaves were soaked for 72 hours to allow them to break down a bit so that the distillation would proceed more quickly. We got about 1 gallon every 40 minutes and stopped when 50% had distilled over (5 gallons). The odor was fresh, spicy and bright. The pH is normally about 5.0.

Blue Artemis (Artemisia aborescens) hydrosol
This is a rare and to most people new essential oil and hydrosol. To my knowledge the hydrosol is only available via the APP. If correctly distilled and immediately frozen the hydrosol will retain the indigo blue essential oil particles in solution in the hydrosol rendering the hydrosol a lovely sky blue. This is an important application where the skin is damaged or sore, it is anti-inflammatory and can ease pain. Use Blue Artemis hydrosol after a face lift or surgery or on a dog’s hot spots for healing. This can be a strongly energizing spray which is also mildly calming. California distilled essential oil (and hydrosol) of Blue Artemis is thujone free but about 13% camphor (Moroccan Blue Artemis essential oil is very high in thujone! Be aware of what you have).

Blue Sage or Green Sage (Artemisia douglasiana) hydrosol
The herb is used in smudge sticks for cleansing the person and the area. The herb is used ceremonially in the sweat lodges or used as decoction to wash and ease the pain of aching muscles and joints. The essential oil, called Blue or Green Sage is inhaled for the same purpose — mental clarity and ease of mental distress and the application in massage oils or carrier oils is for aching muscles and pain on the surface of the body. This essential oil is excellent with Lemon peel oil or mixed with any of the other anti-inflammatory high azulene oils. The hydrosol is great as an addition to a relaxing bath and can be taken as a tonic drink.

Catnip (Nepeta cataria) hydrosols
This herb is taken for colds and flus. The hydrosol is very attractive to cats and is a good addition to page 4-7 • The Aromatic News of The Aromatic Plant Project • Join Now for Benefits • Spring 2005
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