

What's a hydrosol, and what do I do with it??

A hydrosol is a watery non-alcoholic distillate brewed from fresh (usually) herbs, leaves, or flowers. Water and the herbal matter are placed in a still, heated to boiling, and the resulting steam is collected and then condensed back into a liquid. This liquid is the hydrosol – it contains both the water-soluble plant components and micro-drops of essential oil.

“Hydrosols contain all of the plant in every drop, just like a hologram. Here we have the water-soluble components, the essential-oil molecules, the very fluid that was flowing through the plant cells when the plant was collected. It's all there in a matrix of water that is so much more than water, one of the most recognized holographic substances in healing.”
Suzanne Catty, *Hydrosols – The Next Aromatherapy*,

Hydrosols are gently to strongly fragranced (depending on the herb used), have fabulous energetic and healing properties, and can be used in a multitude of ways. Here are a few of our suggestions, but we strongly encourage you to experiment on your own. Hydrosols may be blended together, or with essential oils to customize your fragrance or enhance their therapeutic properties. Hydrosols are a new and exciting addition to the aromatherapy and herbal arts; their uses and properties are still being explored.

- Use hydrosols instead of water in your favorite lotion or soap recipe.
- Use as a facial mist or toner, after cleansing.
- Use soothing hydrosols (comfrey or lemon balm) on sunburn, rashes, or to cleanse wounds.
- Add to your bathwater for a homeopathic bath treatment.
- Use as a room spray, linen spray, or body spray.
- Use as a hair rinse or scalp treatment – makes a wonderful “leave-in” conditioner.
- Use as a mist for tired, sweaty feet.
- Add to your humidifier for a pleasant scent.
- Use as a compress for wounds, bruises, or injuries.
- Diluted, soothing hydrosols can be used as a canine or feline ear cleanser.
- Use as a coat spray for dogs.
- Use hydrosols to soothe itchy canine “hot spots”.
- Essential oils are a “no-no” for cats, but hydrosols are gentle enough to be used on and near your felines. Use it as an ear cleanser, wound wash, gentle coat mist, or to freshen up the litter box area.
- Use in your iron instead of water, or as a spray when ironing clothes.
- Use hydrosols to wash yoga mats, or to deodorize tennis shoes.
- Hydrosols are a natural complement to energy work (Reiki, Healing Touch, etc).

For more information, please visit our website, especially the hydrosols page, at <http://prairielandherbs.com/hydrosols.htm>

If you have any questions, please don't hesitate to email us at shop@prairielandherbs.com or call us at (515)438-4268.