

**What is a hydrosol?**

Sometimes also called hydrolats, a hydrosol is a by-product of the essential oil steam distillation process. They contain the components of the essential oil produced, but in a milder and gentler form, making hydrosols more suitable for children and the elderly, and even pets.

You can combine different hydrosols to create your own custom formulas (for example, lavender + calendula)

Note: essential oils added to distilled water are NOT hydrosols!

**Ways to use hydrosols:**

- |                          |                          |                                   |
|--------------------------|--------------------------|-----------------------------------|
| Add to facial steam      | Body spray               | 1st Aid compress                  |
| Aftershave or skin toner | Pillow spray             | Add to clay mask as wetting agent |
| Facial mist              | Add to tea               | Add to lotions & creams           |
| Add to baby wipe         | Add as flavour to dishes | Pet bedding                       |
| Hair rinse or spray      | Quick disinfectant       | Room spray                        |

	Skin Types	Benefits & Uses	Preg-nancy OK	Food Safe	Pet Safe (fur)
Calendula	All	healing, calming, soothing, refreshing, antifungal, anti bacterial & anti microbial	no	yes	
Cornflower	Dry, mature	1st aid compress, bruises, eye compress, astringent, shrinks pores, helps fade scars, hot flashes, sleep aid	later	yes	
Cucumber	All	makeup remover, sun& wind burns, refreshing, reduces redness, toning, skin softening, hair care	yes	yes	
Dandelion	Acne, combination	detoxifying, antiseptic, cooling, toning	no	yes	
Ginger	Oily & combination	refreshing, energizing, warming, detoxifying, increases circulation- good aftershave for men	yes	yes	
Juniper Berry	Oily & combination	purifying, toning, antiseptic, wound cleansing	no	yes	
Lavender	All	toner, burns, insect bites & stings, calming bath for babies, diaper rash, hair rinse	yes	yes	yes
Lemon Balm	All	antiviral, sunburn, rashes, tonic, skin problems including diaper rash, PMS symptoms inc. headache & cramps, stress & anxiety	yes	yes	
Peony & Rose	All	Body mist, eye compress, toner, skin care, hydrating	yes	no	
Peppermint	All except sensitive	refreshing, cooling, energizing, digestive aid, insect bites, older kids ok, digestive aid	yes	yes	yes
Rose	All	Body mist, eye compress, toner, sore throat (topical), skin care, PMS, mood swings	yes	yes	
Rosemary	Oily, mature, combination	toning, cell regenerating, restores elasticity, digestive aid, hair rinse, detoxifying, scalp tonic	later	yes	
Yarrow	Normal, oily	Wound healing, astringent, treat acne, soothing	no	yes	yes