

Hydrosols—The Healing Waters

Inshanti Wellness Spa

What Is A Hydrosol?

Healing Water

Hydrosols, also known as floral waters, are products from the steam distilling of plant materials. Hydrosols are like essential oils but in far less of a concentration.

Hydrosols are usually the by-product of essential oil production. The highest quality hydrosols come from the devoted distillers who, with art-

ist-like precision, steam the floral and plant material strictly to produce a hydrosol. All Inshanti hydrosols are distilled in this manner.

Hydrosols contain all of the essence of the plant in every drop, just like essential oils, but in a milder form; making them suitable for all manners of application where essential oils would be too strong. Hydrosols normally con-

tain a small amount of essential oils and water soluble plant extracts (which an essential oil does not contain). For this reason, hydrosol properties are not the same as essential oil properties, but they are quite similar. It is best to choose a hydrosol that follows what you know about an appropriate essential oil.

Special Points Of Interest

- *Hydrosols are like essential oils, but in far less of a concentration.*
- *Suitable for application where essential oils would be too strong.*
- *Inshanti Hydrosols are Pure, 100% Certified Organic, and Not a By-Product*
- *Hydrosols can be used for:*
 - *Skin, Facial, & Hair Care*
 - *Perfume & Aftershave*
 - *Pet Care*
 - *Culinary Arts*
 - *Therapeutic Uses*



What is the Difference Between Hydrosols & Essential Oils?

Simply stated, a hydrosol is less concentrated than an essential oil. There is less than 5% actual oil in a hydrosol. Their aroma is mostly mild and subtle. Therefore, hydrosols can be

added to the skin without diluting it first. Hydrosols provide wonderful therapeutic and skin care benefits, and they are much gentler than essential oils so that they can be used on

children, the elderly, or those with illnesses. Hydrosols can be used with essential oils or as a substitute by applying directly to the surface of the skin.



How Does the Distillation Process Take Place?

When a distiller brews plant material with water in a large cooker, the steam fills the pot and, as it rises, it causes the glands of the plants to burst and release the oils and essence of the plant into the steam.

The oil rises through a condenser and collects in a separate vessel. This is what we know as essential oil, but what about all that fragrant water that was steamed with the original plant material? That is our hydrosol, or floral water.



What is the Best Distillation Process for Hydrosols?

Noted author Jeanne Rose is quoted as saying:

“The best comes from a distillation where it is the hydrosol that is being produced rather than the essential oil. Often the best comes from the earliest part of the distillation rather than the body of the distillation. This usually smells bright and pleasantly fragrant. Although, some of the therapeutic part of the hydrosol is also produced at the very end of the distillation, and usually has a rather grassy or vegetative note. As the plants are being distilled, micro-particles of essential oil are in suspension, they give the aromatic distillate its scent and will separate out as the hydrosol cools. There is approximately .02% essential oil in hydrosol.”

What are the Chemical Components in a Hydrosol?

Clinically, the chemical components in the hydrosol are primarily acids, which are hydrophilic (water-loving). Why do they work? Because they acidify the water or the product, which is beneficial to the skin or in the body. Thus, the hydrosol acts as a healing anti-inflammatory and mild, but therapeutic antiseptic. Bacteria do not live well in acidic environments, which is why acidic liquids such as vinegar make good preservatives for food items like

pickles, Chile peppers, and olives. Acidic environments are astringent, so the hydrosols are useful in skin care products as astringents constrict and contract the tissues. Hydrosols can be used externally in skin care products, internally as a douche, taken as a tonic or combined in a beverage drink. They also make lovely food mists as Rose water has been employed for such reasons for quite some time.

Additives, Storage and Shelf Life?

All of Inshanti's hydrosols are free of additives because we like things as pure as we can get them to you. Mostly stable, their shelf life is dependent on the plant, the distillation process, and storage is usually one to two years, depending on the variables. Keep in a cool, dark place.

If My Hydrosols Are Outdated, Should I Throw Them Away?

Absolutely Not! Out-of-date floral water can be used in the bath, diluted into water for plant food, making cleaning products for your home, or added to the compost pike (good pH balance). The opportunities are almost endless!

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What Can I Use Hydrosols For?

Skin care - Hydrosols are often beneficial in treating eczema and psoriasis, bug bites, sunburn and many other skin irritations. Use as a refreshing skin care mist, toner, or compress. Use in the bath.

Facial care – Use as an additive to clay masks and creams. Hydrosols can be used as hydrating facial spritzers as they are cell regenerative & gentle for sensitive skin.

Men – Awesome aftershaves!

Baby care - Gentle enough even for babies. Lavender, Helichrysum, German Chamomile, Yarrow or Rose can be used for a baby's bottom - spray directly on skin (the mist is fine enough so it won't be too shocking!) to soothe and heal, or add a tablespoon to a small bucket of warm water and use to wet the cloth at change

time or meal-time cleanup. Take the spritz bottle and some baby wash cloths along to replace synthetic baby wipes.

Hair care – Added to water as a hair rinse

Perfume

Use as an additive to a **humidifier** - a tablespoon will add a refreshing, subtle aroma and more, up to a cup, will increase the aroma's strength.

Pet care - Use as a gentle and effective alternative to essential oils for your sensitive pets (birds and cats are better off with hydrosols rather than essential oils), as an additive to bath or rinse water, for ear cleaning, and a spritz or compress on wounds or sores, etc.

Culinary arts - And, of course, floral waters are commonly used in the culinary arts: think Baklava with Rose water sprinkled on top;

Lavender Lemonade, and Ylang Ylang alone or combined with the other tasty hydrosols, in ice cream making! Use in teas, baking (add 1 teaspoon to tablespoon to wet ingredients or spritz on just before serving); mix into the water for making ice cubes ...

Therapeutic uses

- Spritz peppermint hydrosol in a glass of water and drink to relieve nausea.
- Spritz on sore muscles for aches and pains; also reduces swelling.
- Use as anti-infectious cleansers – wipe or spritz on wound to clean.

Inshanti Hydrosols

Cucumber/Lime

German Chamomile

Helichrysum

Lemon Verbena

Peppermint

Rose Geranium

Stressless

Yarrow

Inshanti Wellness Spa

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We're on the Web!

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A Place of Relaxation & Renewal!



Inshanti Wellness Spa

Relaxing Aromatherapy & Pure Essential Oils

Inshanti - In perfect peace. Located in rural Lancaster PA, away from the hustle and bustle of the city, Inshanti offers a private setting for you to relax while becoming renewed and rejuvenated through natural healing with advanced skin care, Thai massage, Facials, Natural Alternatives, Peels and other Health Spa Services.

Inshanti Hydrosols are Pure, 100% Certified Organic & Not a By-Product!

Unlike most hydrosols on the market, ours are not a by-product of essential oil distillation, but are distilled for the hydrosol.

This means that they are distilled with FRESH organic plant material, on copper stills, under constant supervision for true therapeutic waters.

Many hydrosols on the market carry a "still note" from being distilled on stainless steel, though this does not harm the hydrosol, it can make for a very unpleasant

aroma. By using copper stills, the sulfur and yeast that cause these off notes bond to the copper, therefore, our hydrosols are "sweet smelling" and useable immediately.

I personally know the farmer and the distiller.

