

# Hydrolats

## Methods of Use and General Applications

### What Are Hydrolats?

Hydrolats are the aromatic waters produced by the steam distillation of botanical material, usually during the production of essential oils. Hydro means water and lat comes from the word for milk, because when fresh these waters can be cloudy or milky from the suspended soluble plant extracts. They can last for up to two years if they are kept in a cool, dark environment (preferably refrigerated).

Hydrolats are gentle and effective. They contain only the most water-soluble chemicals from the plant material plus microscopic drops of the essential oils. They may be used undiluted without problems but it is usually unnecessary as they are just as effective in dilution – less can be more! Generally calming and soothing with very few contra-indications, hydrolats can be safely used with children, animals, in combination with homeopathic remedies and for those with a fragile immune system when stronger treatments may not be well tolerated.

Hydrolats can be combined into blends and synergies based on their indications and their scent to create health-promoting essences.



### Methods of Use

**SKIN TREATMENTS:** Use hydrolats as cleansers, toners, to make masks and for facial spritzers. Either use 50/50 with purified water or undiluted.

**ROOM FRESHENERS:** Spray liberally around pets, cooking areas, bedrooms and other areas of your environment. Particularly useful in the office to help prevent the spread of disease.

**MOUTHWASH AND GARGLE:** Dilute 1:10 for children and 1:4 for adults for gargles and mouthwashes to help strengthen gums, freshen breath, relieve sore throats, ulcers, thrush and toothache.

**BATHS:** Add up to 100mls to an adult bath and 50mls to a child's bath. Hydrolats can also be used in sitz baths for thrush, candida, haemorrhoids, constipation, vaginal spasm and other complaints.

**COMPRESS:** Soak a cloth in hydrosol and compress to the area being treated. For a cold compress use a cold cloth and for hot, use a hot cloth. Wrap up the area with plastic film and leave for 30 minutes. A hot or cold water bottle can be used to enhance the effects.

**HEALTH DRINK:** To help promote a healthy, balanced body, dilute 200mls of hydrolat into 1 litre of water and drink throughout the day. Also suitable for babies and children in smaller amounts – up to 500mls per day.



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LATIN NAME	COMMON NAME	GENERAL APPLICATIONS
<i>Chamaemelum nobile</i>	Chamomile Roman	Used for baby care, reduces teething pain and inflammation, calms diarrhoea, promotes sleep; may be used as eyewash; compress for conjunctivitis; calms sensitive skin, rosacea, burns, razor rash; mildly astringent; douche for non-infectious inflammation; gently uplifting; bedtime tea or bath.
<i>Chamomilla recutita</i>	Chamomile German	Used in a spray for eczema type skin to calm inflammation and itching. Can help burns and scar tissue; razor burn and nappy rash; internally as a tonic to the kidneys and as a heart support.
<i>Salvia sclarea</i>	Clary sage	Calms cramps, PMS; hormone balancer; helpful with menopause, hot flushes; astringent and toning for oily skin; pain relieving throughout labour; anti-spasmodic and gentle anti-inflammatory; anti-depressant.
<i>Cupressus sempervirens</i>	Cypress	Combats water retention; very diuretic; stimulates circulation; useful for varicose veins, haemorrhoids, couperose; sitz bath for post-partum; spritz with peppermint for aching legs; cleanser for normal and oily skin.
<i>Eucalyptus globulus</i>	Eucalyptus	Colds, respiratory infections and sore throat; liver support; strong anti-oxidant, free-radical scavenger; stimulating to mind and body; sweeten with honey for beverages. Powerful immuno-stimulant.
<i>Boswelli carteri</i>	Frankincense	Powerful antiseptic for the lungs and respiratory system; inhale for catarrh, congestion and chesty coughs; also used for emotional tension and grief; balances skin pH and is good for dry skin; gentle anti-inflammatory.
<i>Pelargonium graveolens</i>	Geranium	Balancing for all skin types; add to lotions and potions or neat for general health; mildly anti-inflammatory; promotes healing; helps cuts and bruises; combats calluses; balances male and female energies.
<i>Hyssopus officinalis</i>	Hyssop	Anti-allergic and hypo-allergenic for the skin and internal organs; useful for asthma, eczema, hay fever and colitis. Can uplift and revive the spirits. General de-toxifying beverage that helps to cleanse the liver and to invigorate the system.
<i>Lavandula angustifolia</i>	Lavender	All purpose; soothing on damaged or fragile skin; antiseptic, spritz for hot flushes; masks, cleanser, toner, for all skin types; calms sunburn, razor burn, in colonics for irritated bowel; compress for headaches; balancer for mind, body, spirit.
<i>Citrus Limon</i>	Lemon	A refreshing face spritz, Linen spray, For a lemon touch to cakes/baking, Foot soak, with Tea tree oil for athletes foot., A base for an insect repellent, Good for oily/greasy skin
<i>Melissa officinalis</i>	Melissa	Calming but not sedative; digestive and anti-nausea; promotes relaxation; moderate anti-oxidant; cleanser for all skin types; good for baby bath, cradle cap or wet wipes; help for exam jitters (with neroli).
<i>Commiphora myrrha</i>	Myrrh	Healing of open wounds, sores, leg ulcers, cuts bruises and grazes. As a skin tonic, good for dry, mature skin, wrinkled skin and scar tissue. Helps to rejuvenate and is anti-aging.
<i>Citrus aurantium flos</i>	Neroli	Anti-stress; helps stop caffeine jitters; antispasmodic; can calm hysterics; physical and emotional support in abstinence; excellent for delicate and sensitive skin; very astringent-superb toner; clears acne and irritations; add to any cosmetic; a lovely cologne or environmental spray.
<i>Oreganum compactum</i>	Oregano	Cuts, bruises, wounds, Digestive health, Urinary and renal infections, Immune system booster, Mouth sores, gum and tooth infections, sore throats, candidiasis, vaginitis, pruritus and similar conditions
<i>Mentha x piperita</i>	Peppermint	Cooling yet stimulating; great for hot flushes; bust-line toner; moderate anti-oxidant; anti-inflammatory; coffee substitute; digestive; good mouth wash; mildly antiseptic; combats itching and stings; calms razor burn -after shave; delicious hot or cold; use in sweets. Fruit, ice-cubes, preserves.
<i>Pinus sylvestris</i>	Pine	Immune system stimulant, decongestant to the lymphatic system, Muscle, joint and tissue pain, Mentally calming Bronchitis, asthma, chest tightness Allergic or pollution triggered breathing difficulties
<i>Rosa damascena</i>	Rose	Divine; for menopause; combats PMS, cramps, moods; good for mature, dry, sensitive and devitalised skins; good in masks, steams, compresses; exquisite cologne; highly erotic; promotes emotional balance for male and female energies; helps to remove mental blocks;
<i>Rosmarinus officinalis</i>	Rosemary	Mental and physical stimulant; coffee substitute; may support addiction withdrawal; may ease hunger; strong anti-oxidant; great in hair products; toner for oily skin; compress for nerve pain; mild circulatory stimulant.
<i>Santalum austrocaledonicum</i>	Sandalwood	For dry, mature skin to cleanse and to moisturise; for cradle cap and nappy rash; for men's hormonal systems. Can be used as sedative in the evenings, to calm and de-stress the mind.
<i>Melaleuca alternifolia</i>	Tea Tree	To wash out wounds, cuts, grazes and ulcers. Not a pleasant beverage internally. For acne, boils, pimples, oily skin and infection.
<i>Thymus vulgaris</i>	Thyme	Strongly antiseptic, antiviral, antifungal, immuno-stimulant; gargle for sore throat, mouth ulcers; digestive aid and intestinal cleanser; steam or wash for infections; promotes healing; douche for discharge or infection; good beverage for general health. Add to pet food to prevent bad breath.