

HydroSoul



evanhealy

Nothing of what we have
learned, accomplished, and
ultimately shared with you, our
evanhealy enthusiasts, about
the transformative healing
journey of hydrosols would have
been available to us without
the support, dedication, and
friendship of Anne and Jud
Carleton whose farm, family,
stills, and know-how is featured
throughout this booklet.

~ Evan & David

Ancient Alchemy

These beautiful alembic copper stills look like temples, and in some ways they are. Sacred places where divinity dwells, emanating grace. Here the spirits of the plant are transformed into matter through the mysterious alchemy of the elements we call distillation.

This fluid 'plant-milk' embodies the soul of the plant, symbolizing a transformation of spirit (ether) into matter (water). Aromatic molecules are part of the plant's immune system and a hydrosol represents the watery aspect of this complex, intelligent system – a system that has biologically adapted over millions of years to live in symbiotic harmony with its environment.

Hydrosols are gentle botanical remedies and their extraordinary aromatic vitality acts to subtly reawaken the quiet connection we have to nature. Distillation is a transformation in many ways. Being with the earth and participating in this ancient alchemy, like the plants, we too are transformed.

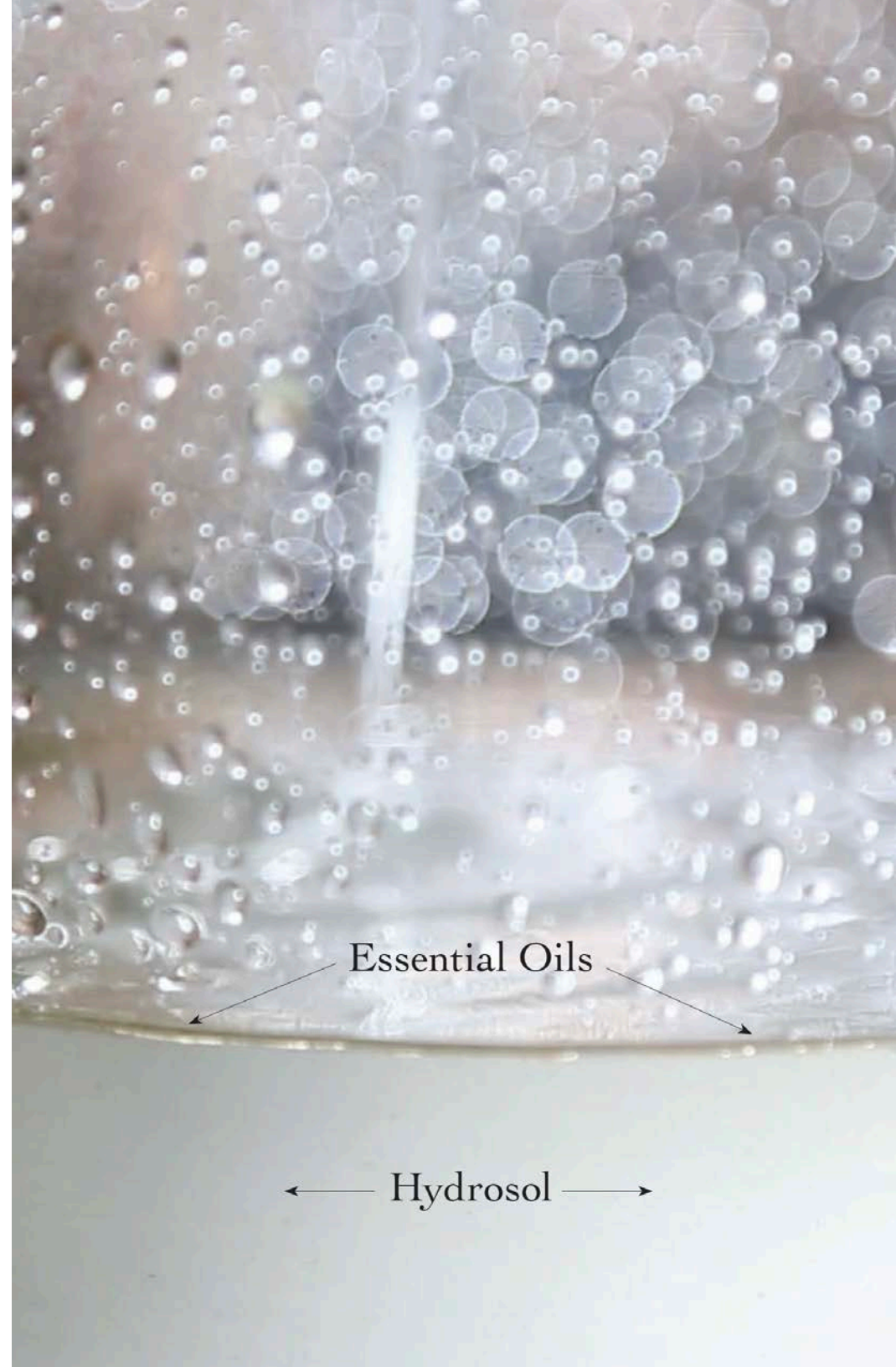
The plants are harvested by hand at peak hours then immediately packed into hand-hammered alembic copper stills. They are distilled at low temperatures, over the course of several hours. This slow, labor-intensive artisan process creates a vitalizing and energetic hydrosol, offering subtle, aromatic benefits for all skin. In contrast, conventional distillation distills primarily for the essential oil – the hydrosol being reduced to a by-product – and uses stainless steel and high temperatures; the entire process typically lasting only forty-five minutes.



Hydrosols and essential oils

Hydrosols and essential oils are co-products of the distillation of aromatic plants. Essential oils are the volatile, fat-soluble compounds from within the plant. They are powerful, active, and extremely concentrated. It takes five hundred pounds of lavender to make one liter of lavender essential oil. Because of their tiny molecular size, essential oils absorb swiftly into the body. Without proper dilution they can tax the liver and other organ systems.

Hydrosols are primarily the water-soluble elements of the plant, though they also contain micro-amounts of essential oil, as well as cellular water - which is the water from within the plant itself. Containing this dynamic variety of constituents, hydrosols are an imprint of the whole plant. It takes eight pounds of plant material to make a gallon of hydrosol. They are gentle, yet effective, and completely safe. There is no need to dilute. Both essential oils and hydrosols have an important place in holistic skin care.





Hydrosol vs. HydroSoul

While hydrosol is the generic term to describe the plant water created through distillation, we choose to use the name HydroSoul because we feel it captures the true nature of what a hydrosol really is. The soul of the plant. Since hydrosol can refer to a plant water that is likely a byproduct, reconstituted, and/or distilled from dried plant material, we wanted a word that represented the truth, beauty, and potency of our artisan distilled hydrosols, and that would communicate that they are something real, transformative and profound.



Gentle remedies

Hydrosols are gentle remedies that offer an immense array of benefits to all skin. They are one of our best allies in the world of skin care.

Hydrosols contain

Water-soluble compounds from the plant | Cellular water from within the plant
Micro amounts of essential oils.

Hydrosols offer

Tone | Hydrate | Plump | Balance pH | Work in synergy with oil serum - anchors
in moisture | Deliver therapeutic compounds from the plant into the skin

The missing link

Proper hydrating and moisturizing is the union of oils + waters. Many people who use a face oil alone are often unsatisfied with the results, or feel they also need a moisturizer. This is because using an oil alone is only half of the moisture/hydration equation. Integrating a hydrosol into your daily protocol – especially when used with a face oil, balm, butter or moisturizer -- completely transforms the efficacy of your skin care, and elevates it to the next level. Like homeopathy, hydrosols do not address symptoms that are not there. They will not throw the system out of alignment. For example, although lemon thyme is a great choice for oily skin, it does not dry the skin out, and thus is a wonderful tonic for dry skin as well. Unless you have an allergy or a scent-aversion, there is no wrong choice when selecting a hydrosol.

Evan Healy, Co-founder



Spirit into matter

We distill for the hydrosol alone, which is a very different process than distilling for essential oil.

Plants are harvested during their peak, and at the time of day where the temperature draws the most aroma-molecules into the leaves and flowers of the plant. Harvest temperatures vary from plant to plant. This step ensures that the most therapeutic compounds are delivered into the hydrosol.

The fresh plant material is then put immediately into hand-hammered copper stills that have been partially filled with well water. Using fresh plant material is especially important when distilling for hydrosol because you are trying to capture the plant's cellular water, and if you leave the plant material to wilt that cellular water evaporates.

Depending on the plant, the harvest is either put directly into the water within the pot - which is considered a hydro-distillation - or put into the column, which is considered a steam distillation. Occasionally, certain plants benefit from a combo-distillation which utilizes both hydro and steam distillation, simultaneously.

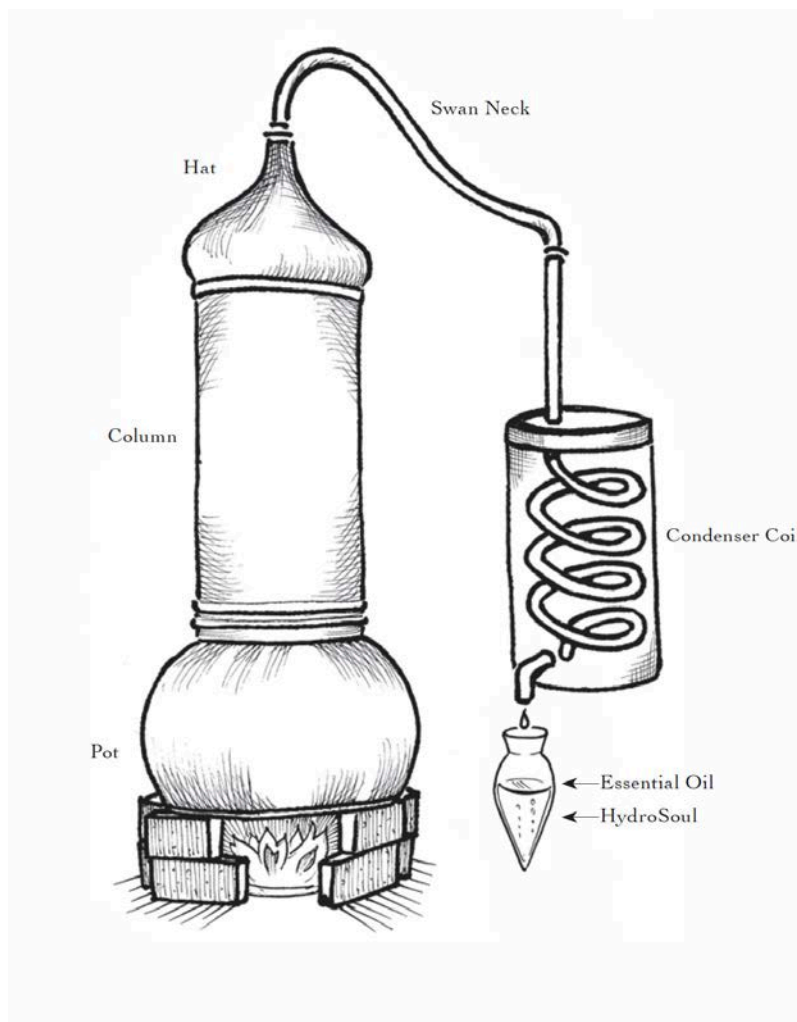
A flame is lit under the stills and the water is brought to a gentle simmer. As the steam rises, it breaks open the glands in the plant that contain the aromatic molecules. Carried by the steam, the aromatic molecules rise to the top of the hat, travel through the swan neck, and then spiral down through the condenser coil. The condenser coil is immersed in cool water, and as the traveling aroma-molecules reach this stage, the temperature change shocks them from vapor into solid, or as we like to think of it, from spirit to matter.

The final product is both essential oil and hydrosol.



A closer look

Plant material is put into the pot and/or column along with well water. Fire heats the vessel, and the steam that's created rises and carries the aroma-molecules up through the hat and swan neck. When the steam meets the condenser coil it is bathed in cool water. The temperature change transforms the steam into a liquid consisting of both hydrosol and essential oil.





David Gordon, Co-founder

Spectrum of quality

In aromatherapy, the term 'hydrosol' applies only to the therapeutic water created from the distillation of aromatic plants. In the world of skin care, there is a lot of misuse of the word 'hydrosol' and it is often used to describe products that are not truly distilled plant waters. A hydrosol is not essential oil added to water or any other combination of ingredients. A hydrosol is only one ingredient – pure plant water.

Even with authentic hydrosols, there is not a lot of transparency around how they are crafted and it's often assumed that all hydrosols are created equal. This is far from the case. The spectrum of hydrosol quality is vast, and a little messy. We've compiled some quick guidelines to help you understand what to avoid, and what to seek out.

What to avoid

Byproduct Hydrosols. These are authentic hydrosols, but a mass-produced byproduct from the essential oil industry. They lack potency and vitality and many of the key constituents that occur in a properly distilled hydrosol.

Reconstituted Hydrosols. Shipping large amounts of hydrosols – especially from Europe – is incredibly expensive, and to cut corners, some producers will dehydrate/concentrate their hydrosol. When the US entity receives this dehydrated hydrosol (an oxymoron), the company then reconstitutes it with water.

Distilled From Dry Plant Material. This is more common than you might think. When you distill from dry plant material you only get a fraction of the therapeutic compounds and benefits that a hydrosol should contain.

Water And Essential Oil. Some products claiming to be hydrosols or plant waters are actually just water with essential oil added to it; or water and a fragrance oil with a dispersant added. Since oil and water don't bind without some sort of emulsifier, a dispersant is often utilized. As an ingredient, the dispersant often goes unlisted.





What to look for

Distilled from fresh organic plant material, harvested at peak hours. Created in small batches | Distilled specifically for the hydrosol – not a byproduct of essential oil distillation. | Distilled in copper or glass – not stainless steel.

A brief history of aromatic plant distillation

Aromatic plant distillation is truly an ancient art. The oldest discovered stills were found on the island of Cyprus – called the island of Aphrodite, which seems appropriate – and are dated to be around 4000 years old. Made out of clay, the remnants of their contents included lavender, bay, rosemary, pine, coriander, anise, bergamot, almond, and parsley.

During the 11th century, the condenser coil was invented. The condenser coil, being bathed in cool water, was able to concentrate and extend the distillation. This led to the discovery of essential oils. There is some mystery surrounding who exactly invented this integral component, though many believe it was the Iranian physician, alchemist, and mystic Avicenna.

Even after the discovery of essential oils, it still took several hundred years for essential oils to become popularized and take root as the dominant distillate. In the 17th century, you could purchase essential oils as medicines in European apothecaries. Hydrosols dwelled on the sidelines but were still used and renowned as effective “beauty waters” to enhance the complexion.



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Oil & Water Ritual

How to use a HydroSoul

At evanhealy a HydroSoul is used in every step of your skin care ritual. It enhances and amplifies the benefits of anything you use it with - cleanser, oil serum, moisturizer, mask.

The best, simplest, and most effective way to incorporate a HydroSoul into your daily life is by pairing it with an Oil Serum. This re-creates the protective barrier the skin creates for itself and acts as an antioxidant treatment, toner and moisturizer in one. Ideally, this combination is used morning and night. The more HydroSoul you use, the calmer, softer, and more luminous the skin becomes.



1. OIL SERUM

Add one to two pumps of Oil Serum into your palm. Add more or less to fit your current skin condition.



2. HYDROSOU

Add a generous misting of HydroSoul to Oil Serums. Five to seven sprays.

Application methods



Mist face liberally after cleansing. Mist all day to refresh and hydrate.

OR



Mix with your favorite Oil Serum to create a custom moisturizer.

OR



Mix as the liquid base for your clay mask.



3. BLEND

Combine the two together between your palms.



4. APPLY

Press the mixture into a clean face, evenly distribute between cheeks, forehead and chin. For extra hydration, mist face before and after application.



All HydroSouls featured, with the exception of Rose Petal, are certified organic by Oregon Tilth, the leading certifying body in North America. Our frankincense comes directly from Somaliland and is stainless steel-distilled in Vermont.







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