

HydroSoul



evanhealy[®]
the skin breathes

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*

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. HydroSoul.

What is a Hydrosol?

Hydrosols are pure plant waters extracted through the ancient art of distillation.

Simple, gentle, powerful – these waters have been used for millennia to bring harmony and serenity to skin and spirit.

Through Evan's decades of experience with the skin, we have found hydrosols to be the single most transformative element someone can incorporate into their skin care ritual.

Because of their remarkable effects, we weave them into every aspect of our skin care line.

We combine them with our Oil Serums to create our foundational moisturizing technique. We weave them into the formulations of our Cleansers and Moisturizers. We mix them into our Clay Masks.

They are the single thread that runs through everything that we create.



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.



Essential Oils

Hydrosol



Hydrosols and the Skin

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.

What Hydrosols Contain:

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

What All Hydrosols Do:

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

Hydrosols Are the Missing Link in Hydration

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.



The Distillation Process

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

Harvest. 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.

Into the Stills. 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.

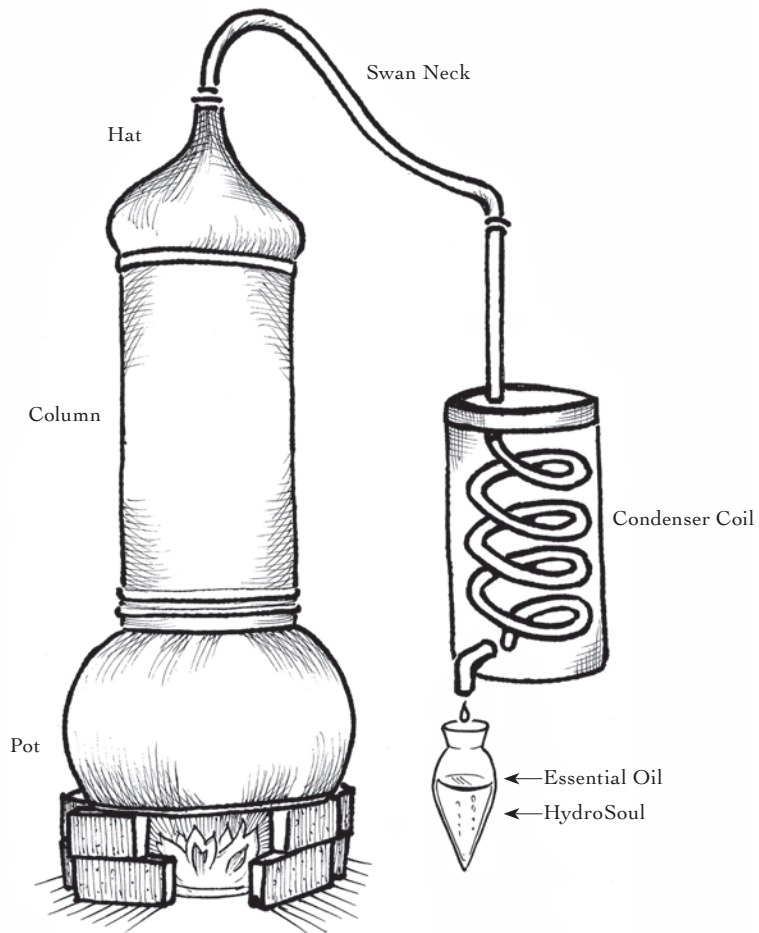
A flame is lit under the stills and the water is brought to a gentle simmer. As the steam rises, it breaks open the glands in the plant that contain the aromatic molecules. Carried by the steam, the aromatic molecules rise to the top of the hat, travel through the swan neck, and then spiral down through 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.



Distillation: 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.



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.



The Essential Combination

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.

Other Ways to Apply:

- Saturate the face morning, night and throughout the day – even over makeup,
- Apply after cleansing and before your moisture step (Oil Serum or Moisturizer).
- Use as the liquid element of Clay Masks.
- Use as a gentle morning cleanser by simply saturating face with HydroSoul, then softly patting the skin with a clean cloth.

The more HydroSoul you use, the calmer, softer, and more luminous the skin becomes.

Oil Serum and HydroSoul

1. Always use evanhealy Oil Serum + Facial Tonic HydroSoul together.



2. Start by putting 1 to 2 pumps of Oil Serum into palm of hand. Add more or less to fit current skin condition.



3. Add a generous misting of Facial Tonic HydroSoul to Oil Serum—5 to 7 sprays.



4. Combine the two together between palms of hand.



5. Press the Oil Serum + Facial Tonic HydroSoul into clean face evenly distributing between cheeks, forehead and chin. Finish with misting of Facial Tonic HydroSoul.



Perfection Is a Journey

We source all of our core hydrosols from a group of eleven family farms and distillers in northeastern Washington state. While we are dedicated to transitioning all of our hydrosols to our copper-distilled, HydroSoul-focused distillation approach, we also work with a handful of family distillers in the essential oil industry who bring exceptional quality and expertise to what they do.

Rose Petal HydroSoul is from a family-run distillery in Bulgaria, certified organic, and the sweetest and most enchanting *Rosa damascena* we've found.

Frankincense HydroSoul is harvested in Somaliland, distilled in Vermont in an incredibly long and slow distillation that creates both a powerful plant water and a powerful essential oil – we use this oil in our Argan Intensive Serum and Sweet Blossom Body Oil.

Hawaiian Sandalwood HydroSoul is artisan distilled in a copper/glass hybrid by a master distiller. This HydroSoul while not certified organic, is wild crafted and distilled from trees harvested from a family-run reforestation project.

Immortelle HydroSoul is distilled in its native land of France by a family-run distillery.


All HydroSouls, with the exception of our Sandalwood HydroSoul, are certified organic by Oregon Tilth.



Our HydroSoul Family


Certified Organic, Hand Harvested,
Artisan Distilled in Copper

Rose Geranium Facial Tonic HydroSoul

- For all skin - especially dry, oily, combination and teen
- Features a soft and delicate rosy-leaf fragrance
- Gentle and slightly astringent
- USDA Certified Organic by Oregon Tilth 




Lavender Facial Tonic HydroSoul

- For all skin - especially sensitive, irritated and sun damaged
- Fresh herbal fragrance with honey-sweet notes
- Calms redness and soothes sensitive skin
- USDA Certified Organic by Oregon Tilth 




Lemon Thyme Facial Tonic HydroSoul

- Part of a holistic protocol for blemished, teen and impure skin
- Sweet and refreshing notes of lemon
- Minimizes appearance of pores, absorbs excess oil, hydrates, tones and enlivens all skin conditions
- USDA Certified Organic by Oregon Tilth 




Tulsi Facial Tonic HydroSoul

- A vitalizing and energetic HydroSoul, offering subtle, aromatic benefits for all skin conditions
- Spicy and sweet, slightly clove-like fragrance; stimulating and awakening
- Artisan distilled in copper
- USDA Certified Organic by Oregon Tilth 




Heart of Summer Facial Tonic HydroSoul

- Lemon verbena, rose geranium, and lavender
- This herbal trinity is an exquisite 'floral water bouquet' ~ remarkably balancing for all skin
- Harmonizing and uplifting
- USDA Certified Organic by Oregon Tilth 




Douglas Fir Facial Tonic HydroSoul

- Deep forest in a bottle
- Protective, calming, purifying, uplifting and centering
- Sweetly resinous, with notes of lemon and butterscotch
- USDA Certified Organic by Oregon Tilth 



Blood Orange Facial Tonic HydroSoul

- For all skin - especially dry, oily and combination
- Sweet, juicy and enchantingly uplifting
- Gentle and slightly astringent
- USDA Certified Organic by Oregon Tilth 



Purity

No preservatives. No GMOs. No parabens. No artificial fragrance. No sulfates. No silicone. Not tested on animals. Vegan and gluten free. All HydroSouls, with the exception of our Sandalwood HydroSoul, are certified organic by Oregon Tilth.





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Lavender
Facial Tonic
HydroSoul[®]
Lavandula angustifolia

calming, gentle
& cooling

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ORGANIC

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