



AUTUMN BLOSSOMS

Nettle Hydrosol Information Sheet and Recipe Inspiration

What is a hydrosol?

A hydrosol is a distilled plant water with the properties of that plant in the form of water rather than the 'oil' as in an essential oil. The hydrosol is able to be used directly on the skin unlike essential oils and combined with essential oils and other active ingredients to make water-based aromatherapy recipes. They are gentle on the skin and hair and can be used on open wounds and bruising directly unlike essential oils. Hydrosols are a natural product from the process of distillation. Whenever essential oils are distilled, hydrosols are made. They are often thrown away but we believe there is too much goodness in them to do that and want to create a more ethical and local form of aromatherapy by sharing our wisdom about this.

Why not simply use water?

The hydrosol has the property of the plant from which the distil was made so it brings added benefits before being combined with other active agents. In aromatherapy, we know that essential oils are 'hydrophobic' which literally means they are afraid of water. This has nothing to do with not being able to swim, it is to do with the way that in water, essential oils gravitate together and do not disperse. This means that in sprays or in the bath, it is not possible to create a new blend without the globules being undispersed and therefore potentially dangerous in the bath and unevenly distributed in sprays. Hydrosols, however, are created from the plant and already contain some of the essential oil, they are therefore natural dispersants and create a solution.

In terms of preservation, water has a much shorter shelf life for therapeutic recipes and is prone to go mouldy in less than a week whereas hydrosols have natural preservatives that keep it 'alive' as a water.

What are the benefits of using locally grown and harvested plants from the UK?

The aromatherapy industry is a huge international industry where certain plants are favoured for certain uses. However, in pre-aeroplane times, the medicine of each country was held by the wisdom keepers all over the world 'under their feet'. The

properties were discovered through shamanic journeying (The United Kingdom had a rich history of shamanic healing and herb wisdom prior to the witch hunts). The celtic shamans were known as “Sin Eaters” which was a reference to taking away sins which were negative energies rather than anything to do with religion.

Using nettle in this way is a connection back to our ancestors and their wisdom.

How does this product bring about benefits for the Earth as well as your hair and body?

There is a beautiful simplicity in these recipes which not only connects you with abundantly growing medicinal plants but is also created with minimal harm. Nettles are already abundantly growing so there is no need to use pesticides and herbicides to create the plants. We are able to harvest them in a sustainable way over 200 acres of organic farmland, meadow and woodland. We are therefore not importing this product and we do this on foot. We work with the nettle spirit to create this product to share simple ways of being and that you can create some beautiful care routines in this natural way.

The Recipes

The purpose of these recipes is to connect you with yourself and the plant world and ask: what do I need? How can I bring this forth?

It is common for this to lead to a deeper wisdom of yourself and connection with plants.

This, I feel is one of the intentions of our lady nettle spirit. She is wise like that!

Therapeutic Hydrosol

Stinging Nettle

Latin Name

Urtica dioica

Plant Family

Urtiaceae

Properties

It is anti-inflammatory, pain relieving and a natural astringent so tightens and firms the skin, accelerates the healing process and helps with skin allergies and eczema

It is rich in silica and sulphur for the hair and therefore beneficial for dandruff and improving the hair and scalp

Uses

A skin and hair tonic
Internally

Safety Information

here are no safety issues in the correct dilution ratios

Recipe Inspiration

Earth Connection Spray

Ingredients:

100ml Spray bottle

8 drops Rosemary essential oil
8 drops Lavender essential oil
8 drops Sage essential oil
8 drops Marjoram essential oil

- Add the oils to the bottle
- Use a funnel to fill the hydrolat to bottle neck
- Set an intention into the bottle for how you want to work with it
- Add the spray top and shake

How to Use

Use when you want to meditate, journal or create a sacred space for yourself

It can be used on your skin, body, linen and clothes to set the tone for your day or night

Skin Toner and Make Up Remover

Nettle hydrosol can be sprayed directly onto the skin for use as a skin toner and make up remover

Antiseptic Hand Gel

Ingredients

100ml spray bottle
100ml nettle hydrosol

Scalp Mist

Ingredients

100ml spray bottle
100ml nettle hydrosol

Optional: add 5 drops each of
Rosemary essential oil
Lavender essential oil
Ylang Ylang essential oil

- Add the oils to the bottle
- Use a funnel to fill the carrier oils to bottle neck
- Set an intention into the bottle for how you want to work with it
- Add the pump top and shake

How to Use

Can be sprayed on wet hair after washing and combed through

Or sprayed on dry hair as a pick-me up

Face Mask Base

Mix the hydrosol with fullers earth or cosmetic clay to form the base of a face mask. Create the blend fresh to use each time for freshness.

Other active agents that can be used in addition:

Natural honey, poppy seeds ground as an exfoliant, almond oil for moisturising

2 table spoons aloe vera gel

15 drops Rosemary essential Oil
15 drops Thyme (Thymus vulgaris)
essential oil

- Add the oils to the bottle
- Mix the hydrosol into the aloe gel and then decant into the bottle with a funnel
- Add the pump top and shake

How to Use

Pump a few times and rub into hands for cleaning

Add to superficial cuts and grazes to avoid infection

Option essential oils to use as a recommendation: cypress oil 2 drops for tightening the skin
Chamomile Roman: calming the skin and reducing redness of scar tissue

Hair Mask Base

Nettle hydrosol can be used as a base for hair masks or as the base of a shampoo

Sourcing Ingredients

We have nettle hydrosol available to order on our website

We also stock aromatherapy pump and spray bottles for your home blends

If you have any questions about the properties of the oils or to do with these recipes email our aromatherapist:

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