



What is a hydrosol?

A hydrosol is a plant-based distillate. When we make essential oils, we distil the plant material. This means that steam passes through the plant, releasing it's vital elements of plant goodness and then condenses to re-create water. On the top of this water is the essential oil (as oil is lighter than water) and the water is known as the hydrosol. It contains the same properties as the essential oil but can be used orally, on wounds and consumed internally unlike essential oils.

At Autumn Blossoms Ltd, we have started distilling nettles, Bay Leaves and Rosemary for their hydrosols and use these in our blends. All ingredients are available as part of our Full Moon Delivery Service.

Hydrosol Recipes for Home Use

- Geranium Hydrosol: use for dressing ulcers to prevent infection and aid healing
- Thyme Hydrosol: gargle with this if you have a sore throat or mouth infection
- Nettle Hydrosol: use for making burn remedies with aloe vera and lavender, goes on as a cooling lotion. Keep it cool before applying
- Nappy wipe gel: as an alternative to wet wipes: put 50ml nettle hydrosol in a tub with 2 tablespoons of aloe vera and 5 drops of lavender essential oil. Add reusable cloth wipes and let them soak so they are soothing to apply
- Air freshener: 50ml Rose hydrosol, 5 drops lemongrass essential oil (good for deterring insects), 5 drops lavender essential oil (calming the air and anti-infectious) and 5 drops silver fir essential oil
- Chamomile Roman Hydrosol: use for spraying on wounds to reduce infection, aid healing and reduce infections
- Tooth paste: Rosemary or nettle hydrosol 50ml, 2 table spoons aloe vera (edible quality) with 15 drops of fennel essential oil or peppermint

- Hand sanitiser (where soap is not available or using compost toilets): 100ml tea tree hydrosol, 3 spoons aloe vera, 15 drops Camphor essential oil, 8 drops Ravensara essential oil, 8 drops lemon essential oil