

Welcome to...

**Penny Price Academy
of Aromatherapy**

July Saturday Club

Hydrolats



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What is a Hydrolat vs Floral Water

- 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.
- Hydrolats are the aromatic waters produced by the steam and water distillation of botanical material, usually during the production of essential oils.
- Sometimes hydrolats can be sold as Floral waters but need checking as often these can have preservatives added or even be synthetic i.e. fragrances added to water.





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Where do they come from?

- Distilled plant waters, or hydrolats as they are known in France, can be considered as true partial extracts of the plant material from which they are derived.
- They may be by-products of distillation for volatile oils, e.g. chamomile water and lavender water, or distillation of plant material which has no (or an insignificant amount of) volatile oil e.g. elder flower, cornflower, plantain.

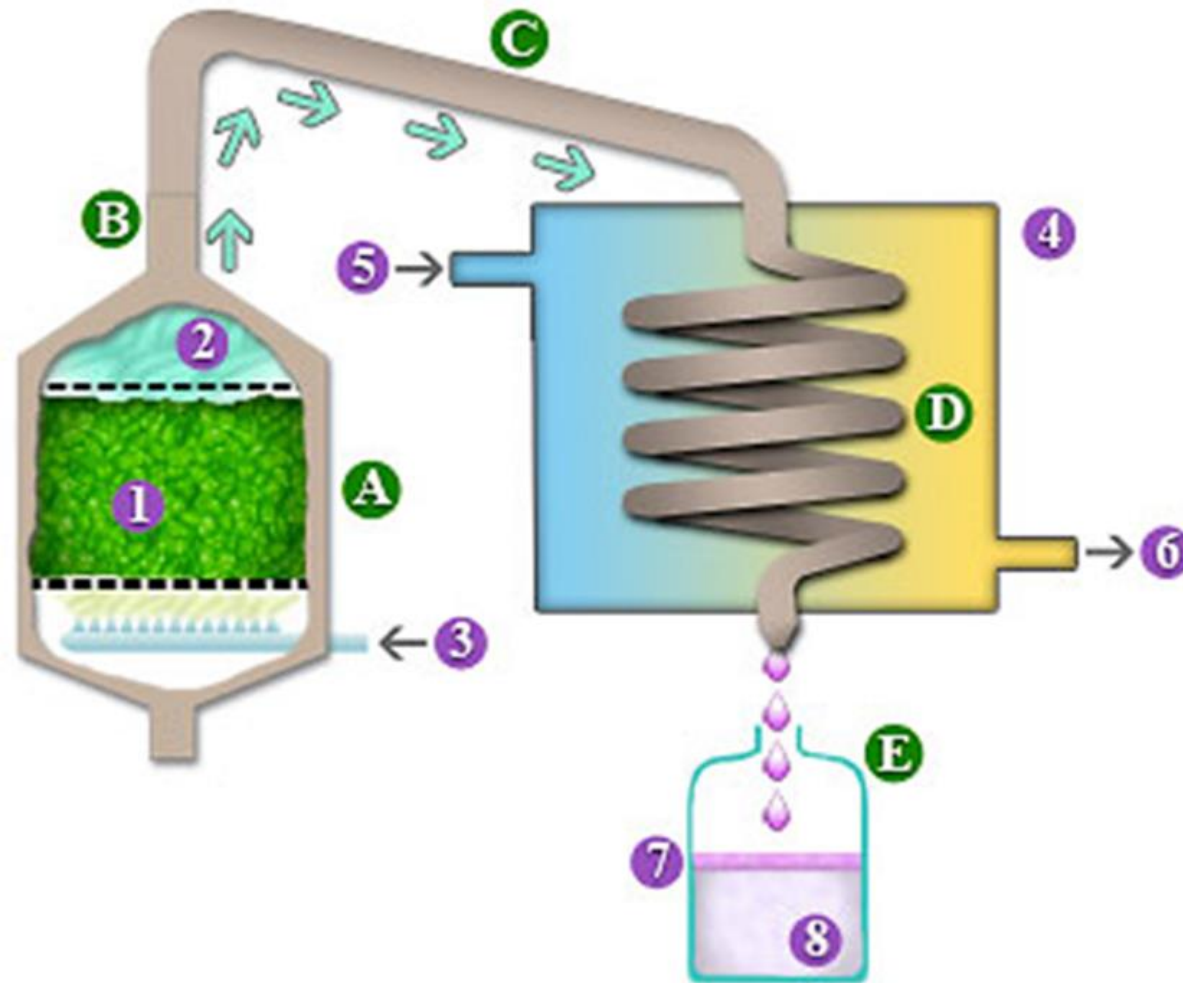




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Distillation





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Where do they come from?

- Hydrolats are gentle and effective.
- They contain only the most water-soluble chemicals from the plant material plus microscopic drops of the essential oils.
- 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





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Shelf Life

- Hydrolats can be combined into blends and synergies based on their properties and their scent to create health – promoting essences. These would need to be preserved if wanting longer than 3 months use. (The more water/hydrolat in a blend the quicker it will go off.)
- Hydrolats can last for up to two years if they are kept cool and dark (preferably refrigerated).





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How can we use them?

- Use hydrolats as cleansers, toners, to make masks and for facial spritzers. Either use 50/50 with purified water or undiluted.
- 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.
- 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.
- To help promote a healthy, balanced body, dilute 20mls of hydrolat into 1 litre of water and drink throughout the day. Also suitable for babies and children in smaller amounts.





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Popular Hydrolats





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Chamomile

(*Chameluem Nobile*)

- Great for baby care as it reduces teething pain and inflammation, calms diarrhoea, and promotes sleep
- May be used as a safe eyewash and compress for conjunctivitis;
- Calms sensitive skin, rosaceae, burns and razor rash
- Mildly astringent; douche for non-infectious inflammation
- Bedtime tea or bath to aid sleep





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Rose

(Rosa damascena)

- Wonderful as a face toner
- Very useful for help with the menopause (hot flushes)
- Combats PMS and stomach cramps
- Lifts the mood
- Good for mature, dry, sensitive and devitalised skins
- Good in face masks, steams, compresses, face creams etc.
- Has a affinity with the heart chakra
- Promotes emotional balance for male and female energies





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Lavender

(*Lavandula angustifolia*)

- Soothing on damaged or fragile skin
- A ready made pillow spray
- Antiseptic
- Children and babies baths for well-being
- Used for face masks, cleansers and toners for all skin types.
- A great one for pets.
- Calms sunburn and razor burn
- Compress for headaches
- Helpful as a balancer for mind, body and spirit





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Peppermint

(*Mentha piperata*)

- Cooling yet stimulating on the skin
- Used for hot flushes
- Excellent digestive when added to water
- Perfect as a Mouth wash
- Mildly antiseptic;
- Helps itching and stings





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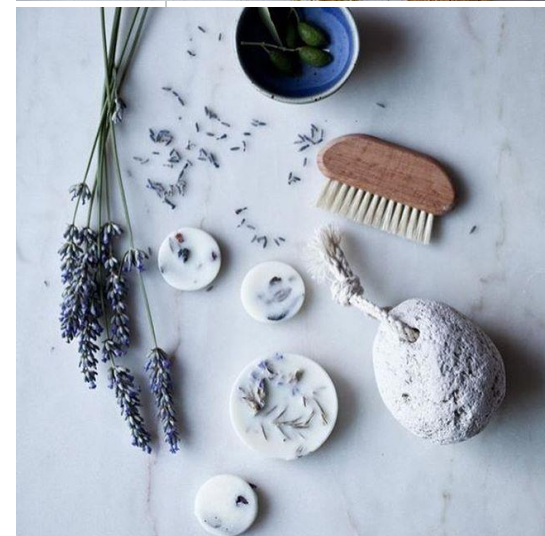
Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

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until 15/07/2023

Thank you for your continued
support of Saturday club...





Thank you...

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