



This water contains all of the plant in every single drop – from the water soluble components, the essential-oil-molecules, the very fluid that was flowing through the plant cells when it was collected...This is one of the most holographic substances in healing.

BASIC USES FOR HYDROSOLS & AROMATIC WATERS

Bay Leaf	Mouthwash/gargle for throat infections, gingivitis.
Calendula	Astringent, anti-inflammatory, antimicrobial, lymphatic stimulant.
Chamomile - German	Most anti-inflammatory, antispasmodic, antiseptic, skin irritations, eczema, psoriasis, couperose, babies & kids.
Chamomile - Roman	Anti-inflammatory, relaxant, good for babies & kids, eye and skin care.
Cornflower	Soothes tired eyes, itchy or inflamed eyes.
Frankincense	Relaxing, nervine, anti-inflammatory, anti-aging, chemo-preventive, respiratory.
Immortelle (Helichrysum)	Extremely healing, delicate skin, helps scar tissue, couperose, inflamed, irritated, and rosacea; dental care.
Lavender	Antiseptic, skin healing, softening.
Lemon Verbena	Calming to mind, body and spirit.
Lemon Balm (Melissa)	Insomnia, anxiety, tension, relaxes mind and body.
Linden	Soothing & draining effect for skin, hypersensitive skin.
Myrtle	Good for eye wash and for all over skin care. Soothes irritations, relieves fatigue, refreshing, reviving.
Neroli (orange blossom)	Relaxing, soothing for dry skin, sedative, toning, relaxes caffeine jitters (taken internally).
Peppermint	Refreshing lotion, headache, sunburn.
Rose	Tones and regenerates mature skin, beverage, balances.
Rose Geranium	Balancing, attracts moisture, anti-inflammatory and cooling.
Rosemary (verbenone)	Purifies and tones oily skin, scalp massage, acne.
Sage	Anti-oxidant, circulation (avoid if hypertensive).
Sandalwood	Acne, rosacea, eczema, preserves skin, promotes healing.
Sweetgrass	Smudge where smoke is not allowed, relaxing.
Tea Tree	Antimicrobial, acneic skin, mouth wash & dental care, foot spray.
Witch Hazel	Astringent, good aftershave lotion.
Yarrow	Anti-inflammatory, astringent, heals skin, excellent for eczema.



For educational purposes only.
We recommend further research when ever trying something new.
This information is not intended to diagnose, treat, cure, or prevent any disease.

* mostly from: Suzanne Catty, Hydrosols: The Next Aromatherapy