



Hydrosol Usage Chart

Hydrosols or Floral Waters are the water that is used when plants and herbs are steam distilled for essential oils. Hydrosols smell wonderful and can be used directly on the skin without dilution. Great for linen sprays and are ideal additives to use in place of water in toners, masks, lotions, shampoos and other water soluble cosmetics.

DIRECTIONS & USES: Slowly stir into the water portion of your formulation.

Linen and iron spray (80-100%)

Lotions, shampoos, shower gels and liquid washes (5-20%)

Toners and masks (15-50%)

Diffusers - Mix 50/50 with water

Name	Latin Name/Source	Uses
Chamomile, Roman	<i>Anthemis nobilis</i> USA	<ul style="list-style-type: none"> ● Calming, soothing, relaxing ● Used for sleep, anxiety, ADHD, depression, insomnia ● Combats digesting & liver ailments ● Great for acne, dermatitis, eczema
Cucumber	<i>Cucumis sativis</i> Local Artisan Distilled in PA	<ul style="list-style-type: none"> ● Soothing & Cooling - great for after sun ● Tones, tightens & firms skin ● Reduces oil & shrinks pores ● Anti-aging - helps with wrinkles & fine lines ● Reduces inflammation from acne, sunburn, bug bites, skin rashes, eczema, psoriasis and rosacea.
Eucalyptus	<i>Eucalyptus globulus</i> Australia	<ul style="list-style-type: none"> ● Refreshing & Stimulating ● Boosts immunity ● Muscular aches & pains, inflammation, sprains ● Sinus, bronchitis & colds ● Blisters, insect bites, wounds & skin infections
Helichrysum	<i>Helichrysum italicum</i> Spain	<ul style="list-style-type: none"> ● Uplifting to the subconscious ● Rejuvenates dry mature skin ● Anti-inflammatory and cooling for eczema, psoriasis, rashes, acne, sunburns ● Improves complexion

Geranium/Rose Geranium	<i>Pelargonium graveolens</i> USA	<ul style="list-style-type: none"> • Arousing & stimulating • Balances emotions, eases nervous tension, lifts the spirit, fosters peace, well-being & hope • Helps cleanse oily skin • Revitalizes skin cells to heal & regenerate
Lavender	<i>Lavendula x intermedia</i> Local Artisan Distilled in PA	<ul style="list-style-type: none"> • Calming, soothing & relaxing • Balancing physically & emotionally • Improves concentration & mental acuity • Helps burns, cuts, scrapes, wounds, acne, scarring, eczema & psoriasis.
Lemongrass	<i>Cymbopogon flexuosus</i> Local Artisan Distilled in PA	<ul style="list-style-type: none"> • Uplifting, balancing & invigorating • Antidepressant & nervous system toner • Soothes muscular pain • Fights acne & greasy skin • Natural cleaner & insect repellent
Neroli	<i>Citrus aurantium</i> Tunisia	<ul style="list-style-type: none"> • Uplifting, balancing & antidepressant • Natural relaxant - strengthens & stabilizes emotions • Encourages confidence, courage, joy, peace and sensuality • Brings everything into focus for the moment • Helps with scars, stretch marks & wrinkles
Rose	<i>Rosa damascena</i> USA	<ul style="list-style-type: none"> • Brings balance & harmony • Helps overcome insecurities, calming • Great for anxiety • Helps with scarring, wrinkles, acne
Rosemary	<i>Rosemarinus officinalis</i> Local Artisan Distilled in PA	<ul style="list-style-type: none"> • Improves mental clarity, focus & concentration • Boosts alertness & eases anxiety • Great for hair loss & acne • Relieves throat, sinus & lung discomfort
Sandalwood	<i>Santalum austrocaledonicum</i> USA	<ul style="list-style-type: none"> • Relieves tension & balances emotions • Boosts memory & mental clarity • Relaxing & calming
Tea Tree	<i>Melaleuca alternifolia</i> Australia	<ul style="list-style-type: none"> • Anti-infectious & anti-bacterial • Cleans cuts, scrapes, burns, insect bites, rashes, poison ivy, etc. • Relieves athletes feet
Vanilla	<i>Vanilla planifolia</i> USA	<ul style="list-style-type: none"> • Mood elevating, numbs stress • Controls appetite & food cravings • Combats depression
Ylang ylang	<i>Cananga odorata</i> Madagascar	<ul style="list-style-type: none"> • Promotes thick, shiny, lustrous hair • Balances male-female energies • Combats anger, low self-esteem & negative energy • Increases focus, restores confidence & peace

Disclaimer: For use aromatherapy and cosmetic use only. Recommendations listed do not replace the need to see your doctor for a physical examination.