

What is a hydrosol?

### **About Lavender Hydrosols aka Lavender Water**

**Lavender Hydrosol is ANOTHER product that comes from the distillation of the lavender plant in addition to the well-known lavender essential oil.** Hydrosol simply means *water* (hydro) *solution* (sol). This aromatic water contains the water soluble essence of *everything* that was contained within the lavender plant when it was still alive and growing. It includes micro molecules of the oil, providing a mild fragrance *and* the plant components giving the hydrosol its herbal and floral therapy. Hydrosol is different than synthetic floral waters that are just distilled water with essential oils added. Those synthetic floral waters have no plant-based therapeutic values. Plant enriched hydrosols cannot be synthetically manufactured. Hydrosols have a milder and earthier fragrance than essential oils.

### **What do you do with lavender hydrosol, anyway?**

1. lavender's natural antiseptic properties making it ideal for rinsing and cleaning cuts and abrasions
2. it is wonderful for soothing itchy bug bites
3. spray it on towlettes for organic baby wipes
4. keep it in the fridge for a cool and refreshing after-sun spray
5. generously spritz a room to calm a fussing baby
6. perfect for washing fruits and vegetables
7. may be used for cleaning and disinfecting *all* hard surfaces
8. it is my favorite natural solvent for removing oily, sticky label residue
9. wonderful for removing water spots and finger prints from chrome
10. spritz around counters and trash cans to discourage flies, ants, and fruit flies
11. makes an extraordinarily effective plant spray (yes! even aphids and mealy bugs)
12. keep a bottle in the shower as a no-scrub daily shower spray
13. for use as a no-streak clean for windows and e-screens of all kinds
14. my go-to for a facial toner
15. a natural remedy for compresses
16. a lovely additive to facial clays and masks
17. a natural make-up remover
18. a perfect spritz for hotel pillows and towels
19. a wonderful spray for dusting all of the furniture
20. a gentle and effective spray for hot spots on my furry pets
21. spray and clean the dashboard and seats in the cars
22. an aromatic and clean bathroom spray
23. add to the ice cube trays for that summer party
24. spray inside baby's diaper, let dry before putting it on baby – prevention for diaper rash
25. soothes and hydrates dry and itchy skins
26. add to baby's bath for a calming night
27. spray as a mood enhancer
28. as a final hair rinse after shampooing
29. as a relaxing pillow mist before bedtime
30. as a linen or clothes spray to sweeten and freshen