

ESSENTIAL ESSENCE NEWS



Issue 2 / May 2017

WHAT'S NEW

Rose Hydrosol



Rose Hydrosol has a delightful fragrance. Use any time of the day or night as refreshing spritz to tone hydrate dry skin. It can be sprayed directly over makeup without ruining it. Use at home, in the office or whilst travelling.

Derived from the petals of *Rosa x damascena*, Rose Hydrosol may also assist with easing the effects of insomnia, anxiety and depression.

This new Essential Essence product is great value at only \$20 for 250mL in a handy spray bottle.

Welcome to Essential Essence News Issue 2. This issue the focus is hydrosols. The most common and readily available hydrosols include Chamomile, Tea Tree, Lavender and Rose.

WHAT IS A HYDROSOL

Distillation of aromatic plants may be to obtain a) pure essential oil and b) the hydrosol. When distillation is conducted to produce essential oils hydrosol is the byproduct. Hydrosols have the same fragrances as essential oils. They contain many, but not all, of the same chemical constituents as the essential oil.

Most hydrosols are considered safer than essential oils to use on and around animals and children due to their gentle therapeutic nature i.e. they are much more dilute. The highest quality hydrosols are obtained from fresh plant matter (not dried) and when the distillation is performed specifically to produce the hydrosol.

Hydrosols are mild enough to use directly on the skin and have many uses. They are used in perfumery, in facial toners, as body sprays, room sprays, linen sprays, and compresses. They can be added to baths and hair care products and used instead of water when applying clay face masks.

FORMULATION OF THE MONTH

This month's formulation is:

Lavender Scented Moisturiser

You will need:

- 2 large tablespoons of unscented moisturiser
- 10 drops of Vitamin E Oil (I use the oil from Vitamin E capsules)
- 1 teaspoon Avocado Oil
- 15 drops of Lavender Essential Oil

To make:

Combine all of the ingredients. Transfer the moisturiser to a small clean glass jar. Seal and label the jar. Store refrigerated at 2-8°C. Each time you make a new batch try substituting the essential oil for something different.