

Hydrolat, hydrosol, floral water, distillate, & aromatic waters ?

These were generally the by product of the distillation process to produce essential oils, but are now used more widely and many are purpose produced. True Helichrysum Italicum Hydrolats contain micronized droplets of essential oils suspended in the water and are very different from water which has had essential oil and a dispersant added. This causes some confusion as 'floral waters' may conjure up in the mind something which smells sweet or floral and this is not always the case. Indeed many true Helichrysum Italicum Hydrolats do not smell like the plant they originally came from or the essential oil which may arise from the distillation of such a plant.

Their smell can be pungent but never unpleasant. Some Helichrysum Italicum Hydrolats can be completely devoid of smell due to the minuscule proportions of aromatic compounds present and still others smell quite musty. The lack of aroma, however, in either the plant or the hydrosol does not detract from the sometimes very useful therapeutic properties.

As Helichrysum Italicum Hydrolats are mainly water they are gentle and safe to use, they are easily applied, absorbed. They can be used on babies and old alike.

Suggestions on how to use Helichrysum Italicum Hydrolats

Cooling spray – Put in an atomiser and sprayed on the face or body, great to refresh and cool especially when travelling. If you keep the Helichrysum Italicum Hydrolats in the fridge they are even more refreshing. For hot days they are particularly good, as well as for menopausal hot flushes .

Skin treatments – Helichrysum Italicum Hydrolats make great toners and cleansers, also great for the treatment of spots or sores, new piercing and cuts and grazes. They are powerful yet gentle enough to use on sensitive areas and children and babies sensitive skin.

- After shave – Helichrysum Italicum Hydrolats help with shaving rash and prevention of ingrown hairs.
- Lotions and creams - Helichrysum Italicum Hydrolats can be used to make lotions and creams and also added to ready made. Also can be used as a hair rinse.

Colds and Flu - Helichrysum Italicum Hydrolats are extremely useful, top up the burner them and they act as an immuno-stimulant and help breathing and clearing the atmosphere. They can also be used as sprays. They are great to use in an office, hospital or work place especially in the cold season and when it's not possible to use a burner.

Tummy upsets can be settled by putting 1 tablespoon hydrolat into a tea pot of Earl Grey tea and serving with a little honey. The honey will serve as a healer and antiseptic too.

Mouth Washes and gargles, used for gum and tooth problems and freshen the breath. Also very good for sore throats.

Eyes - If your eyes are tired place a cool hydrolat onto cotton pads and relax for 10 minutes for a very soothing effect . They can also be used as eye washes.

Laundry can be dampened by neat hydrolat in a pump spray and clothing can be given a light spray before brushing or sponging. This will also make sure germs do not lurk on an item of clothing which may not be worn again for quite some time. Helichrysum Italicum Hydrolats can also be put in the iron diluted or undiluted.

Animals respond well using Helichrysum Italicum Hydrolats for treatments of many ailments and as insect repellents.

<http://www.helichrysum-italicum.com>