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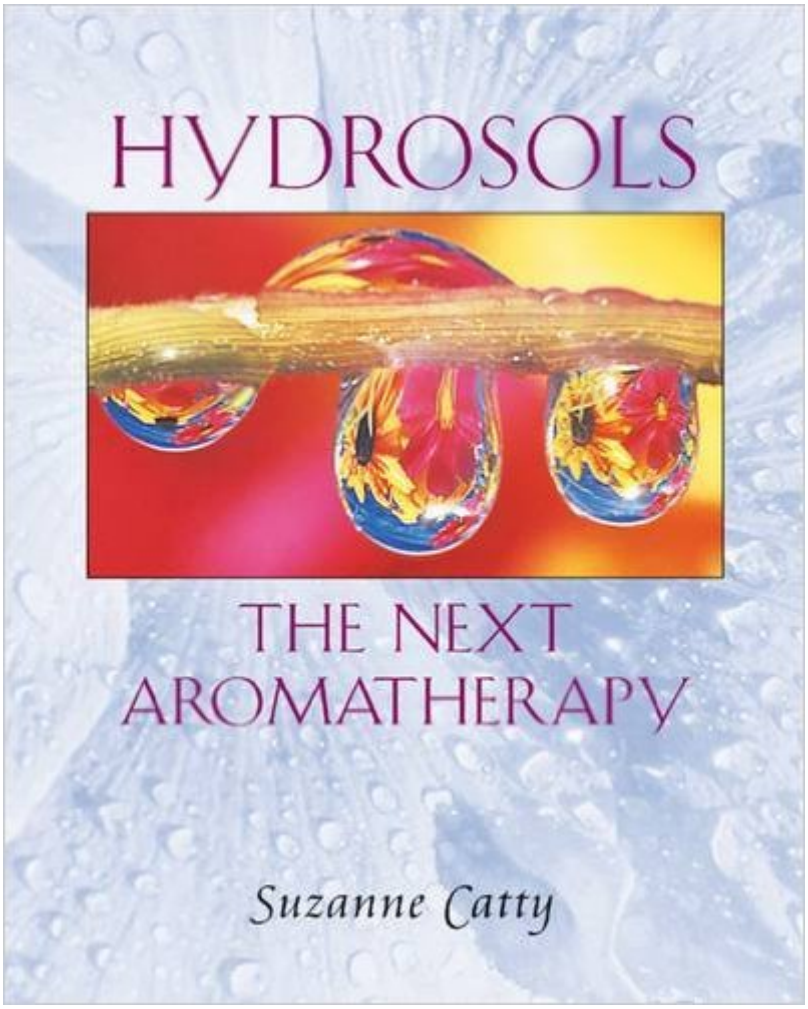
Hydrosols: The Next Aromatherapy



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Synopsis

â ¢ The first book devoted exclusively to aromatic hydrosols--gentle, water-based plant extracts that expand the healing, cosmetic, and culinary applications of aromatherapy. â ¢ The newest development in the field of aromatherapy. â ¢ The homeopathic form of aromatic treatment that is the perfect complement to other forms of vibrational medicine. â ¢ A comprehensive reference with more than 100 recipes and formulas for using hydrosols as well as sources of supply. â ¢ With an introduction by Kurt Schnaubelt, author of Advanced Aromatherapy and Medical Aromatherapy. Hydrosols is one of the most anticipated books in the world of holistic health because it introduces a revolutionary new use of essential oils in aromatic treatment. Hydrosols, or hydrolates, are the pure, water-based solutions created when essential oils are steam distilled. Through this process, a potent, yet subtle form of medicine is created, one that is able to be ingested as well as applied directly to the skin, unlike most pure essential oils. In fact, hydrosols are considered the homeopathic version of aromatherapy, and as such are ideal for use with children, animals, and those with fragile immune systems. Suzanne Catty details the specifics of 67 hydrosols, provides formulas to treat more than 50 health concerns, and offers 40 delicious recipes in which hydrosols can be used. Her section on pets will help owners deal with urinary tract and digestive problems as well as grooming and odor issues. She also shows how hydrosols can be used with other forms of vibrational medicine and with feng shui, geomancy, and dowsing.

Book Information

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Customer Reviews

Suzanne Catty says many folks believe they are allergic to scents, but scent allergies are usually

owing to the impurity of the substance used. "If we used unpolluted, totally natural smells, the chances of negative health reactions would be dramatically reduced."Catty says she discovered hydrosols when she received a brochure from the Aromatic Plant Project initiated by Jeanne Rose and other pioneers. Catty thinks these substances are as effective as oils, tisanes, and other plant-based remedies.HYDROSOLS: THE NEXT AROMA THERAPY includes a good deal of information about the beginning of the use of hydrosols and a discussion about water. Good clean water is in demand and growing scarcer every day. In years to come a growing share of the world's population will not have access to clean water. Because humans are 60-70 percent water, and totally dependent on the stuff, this is a crises. Catty suggests good water, in addition to being a life-source, can also be medicine when combined with plant substances.A large section of the book discusses specific hydrosols, rthe water products which form as a by-product during essential oil production (i.e. healthful water derivatives). In a section entitled `The Monographs' Catty covers specific information discovered by researchers about the properties and some applications of hydrosols. Here Catty is concerned with the chemical makeup as well as various phases of hydrosol production. Temperature, filter quality and water source all play a role in the end product(production and storage).In subsequent chapters she goes into more depth, covering uses of hydrosols: as compresses; sitz baths and regular baths; topical compresses such as masks, scrubs, and compresses; and shampoos, conditioners and rinses.

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