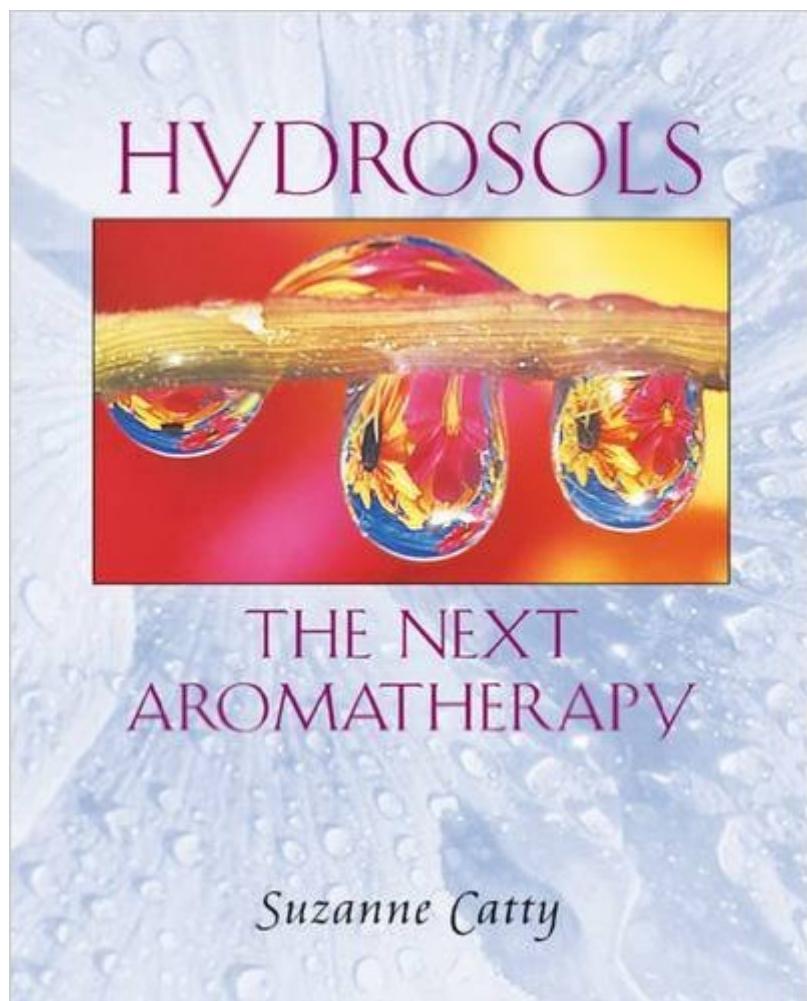


The book was found

# Hydrosols: The Next Aromatherapy



## **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**

Paperback: 352 pages

Publisher: Healing Arts Press; Original ed. edition (March 15, 2001)

Language: English

ISBN-10: 0892819464

ISBN-13: 978-0892819461

Product Dimensions: 8 x 0.7 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (55 customer reviews)

Best Sellers Rank: #84,971 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #4648 in Books > Parenting & Relationships #6541 in Books > Medical Books

## **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, the 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.

[Download to continue reading...](#)

Hydrosols: The Next Aromatherapy Holistic Aromatherapy for Animals: A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergies) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) **ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs)** (Essential oil recipes, ... Aromatherapy and essential oils Book 1) **The Next IQ: The Next Level of Intelligence for 21st Century Leaders** Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos - Includes 34 Organic Shampoo Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair loss

treatment) Homemade Candles Made Easy: DIY Candles for Gifting Ideas & Home Decoration on a Budget (DIY Decoration and Aromatherapy) Soap Making: Essential Guide For Absolute Beginners. 20 Homemade Organic Recipes: (How To Make Soap At Home) (Aromatherapy, How To Make Soap, How To Make Homemade Soap) DIY Aromatherapy Holiday Gifts: Essential Oil Recipes For Luxurious Hand Crafted Personalized Gifts Homemade Essential Oil Recipe Guide For Beginners: Personally Tested and Proven Essential Oil & Aromatherapy Recipes With Instruction DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-toxic & Fragrant Recipes to Create Health & Beauty A Safe Home Environment Cleaning: All Natural Homemade Cleaning Recipes: A DIY Cleaning Guide to Safe, Environmentally Friendly Money-Saving Recipes: Aromatherapy, Clean, Organization, ... Organizing, Declutter, Organizing Book 1) Homemade Repellents : Ultimate Guide To Homemade Repellents And Natural After Bites Remedies: Safe Organic Repellents To Keep Away Bugs Like Ants,Mosquitoes,Roaches,Flies,Spiders ... The Grid,Travel,Aromatherapy,Camping) The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil)

[Dmca](#)