

“Intentional Application of Hydrosols
in your Aromatherapy Practice.”



By Darla M. Dunn
Holistic Aromatherapist & Distiller
Honest To God Organics Apothecary
Hydrosol Instructor for JennScents Aromaversity



HONEST TO GOD
ORGANICS

JennScents 
AROMAVERSITY

“Intentional Application of Hydrosols
in your Aromatherapy Practice.”
With Darla Dunn C.H.A.

- Understand how to source the highest quality hydrosols for your practice
 - The idea behind the APQ Hydrosol™
- How to bring a new, gentle, yet effective element or tool to your holistic aromatherapy practice.
- Learn how to intentionally put hydrosols to work for you and your clients
 - Lets look at some studies
 - Debut “The Direct Connection™”



"I think that education is the
cure for many problems."

-Jeanne Rose

"Water is one of the great mysteries of
the universe, the more you think you
understand it, the less you do."

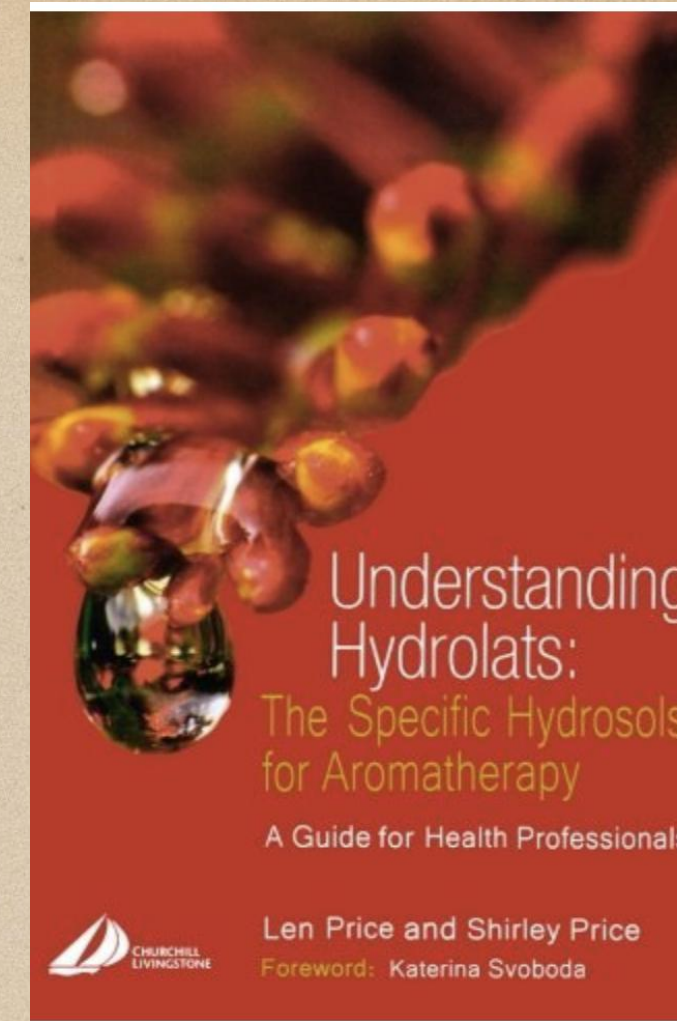
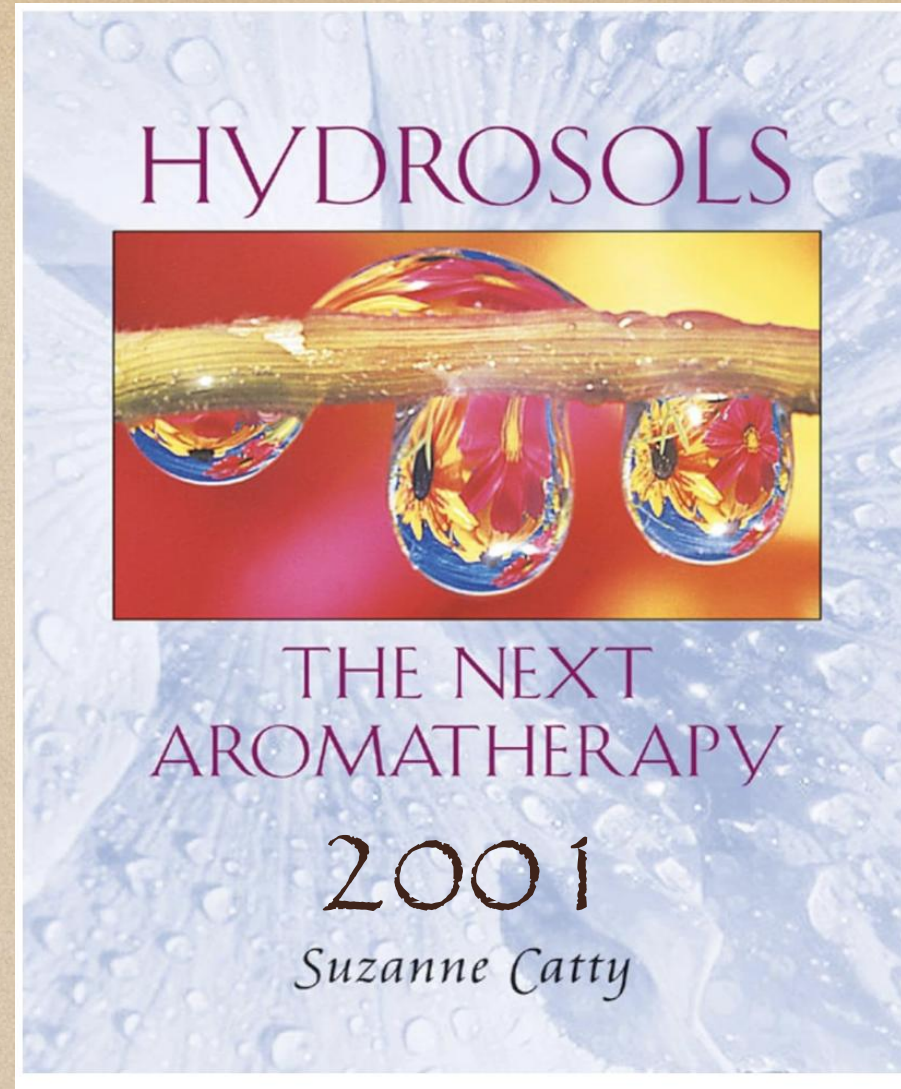
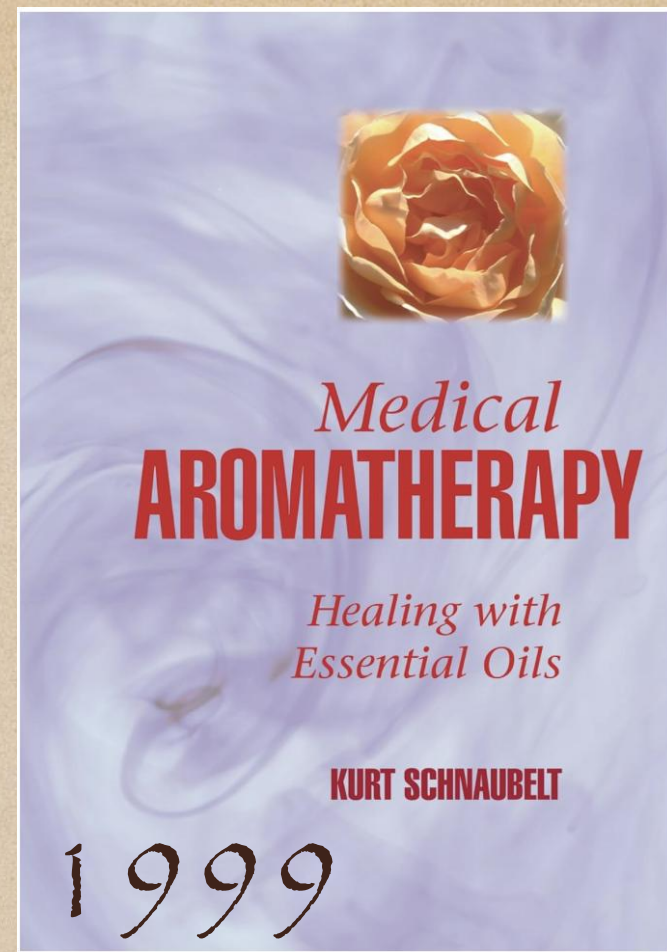
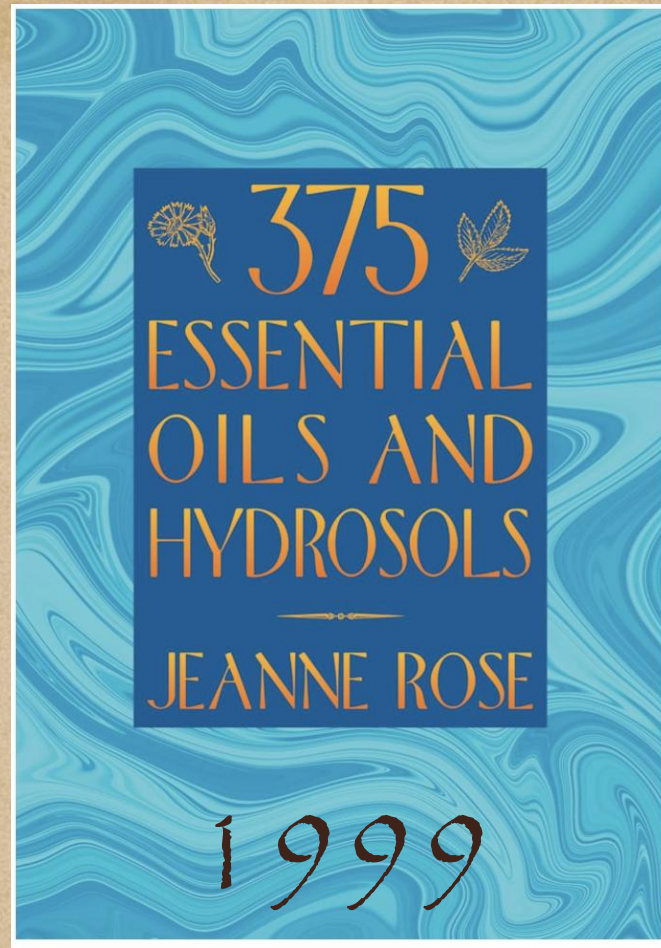
-Ann Harman



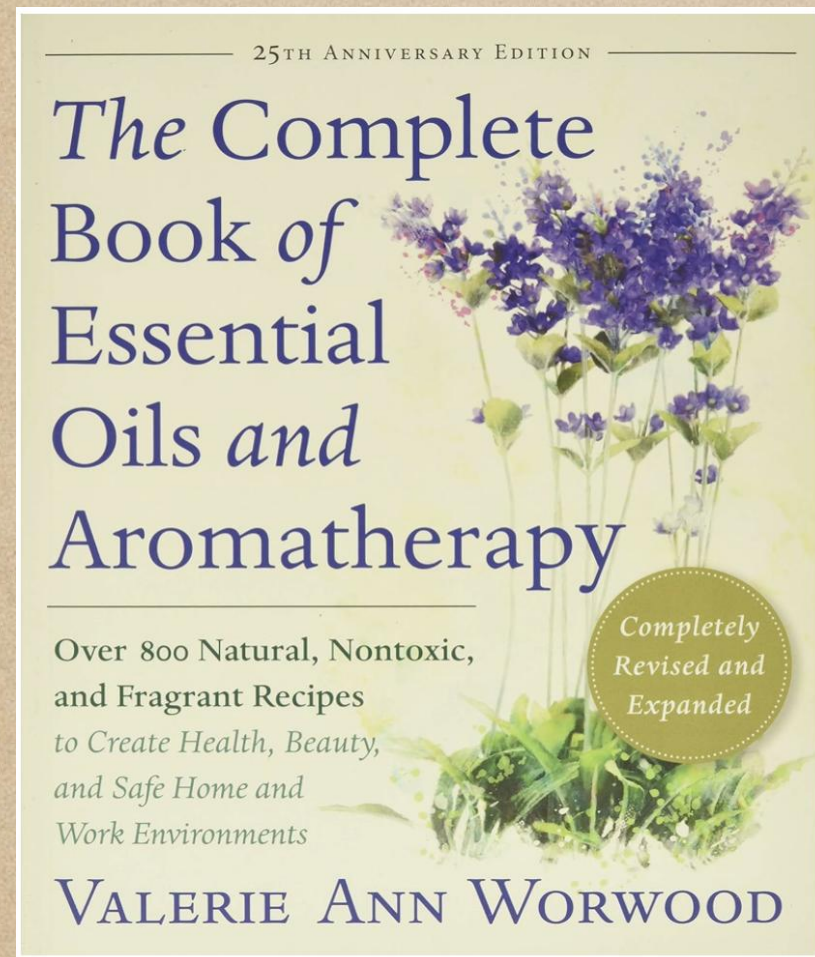


“Hydrosols are to be looked at as a powerful tool in the toolbox of herbalism and aromatherapy- Nothing gets built with just one tool in the same manner that health is ever achieved through one act, medium or modality.”

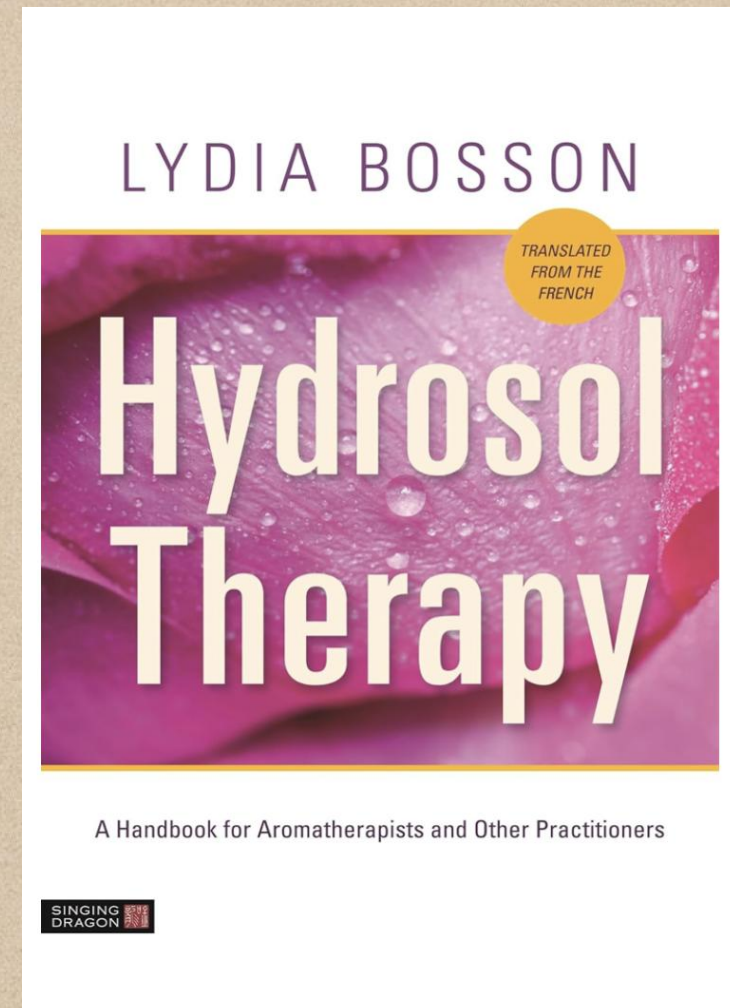
-Darla Dunn



2004

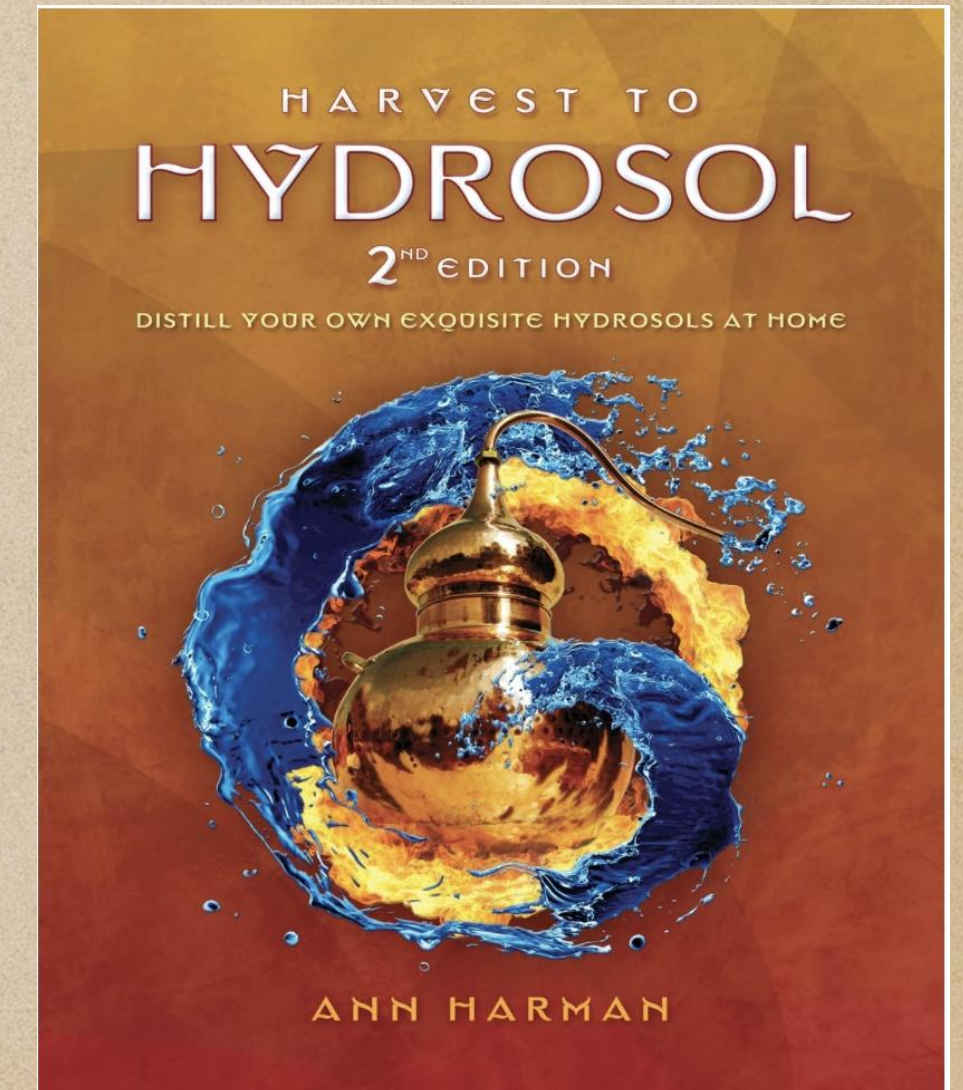
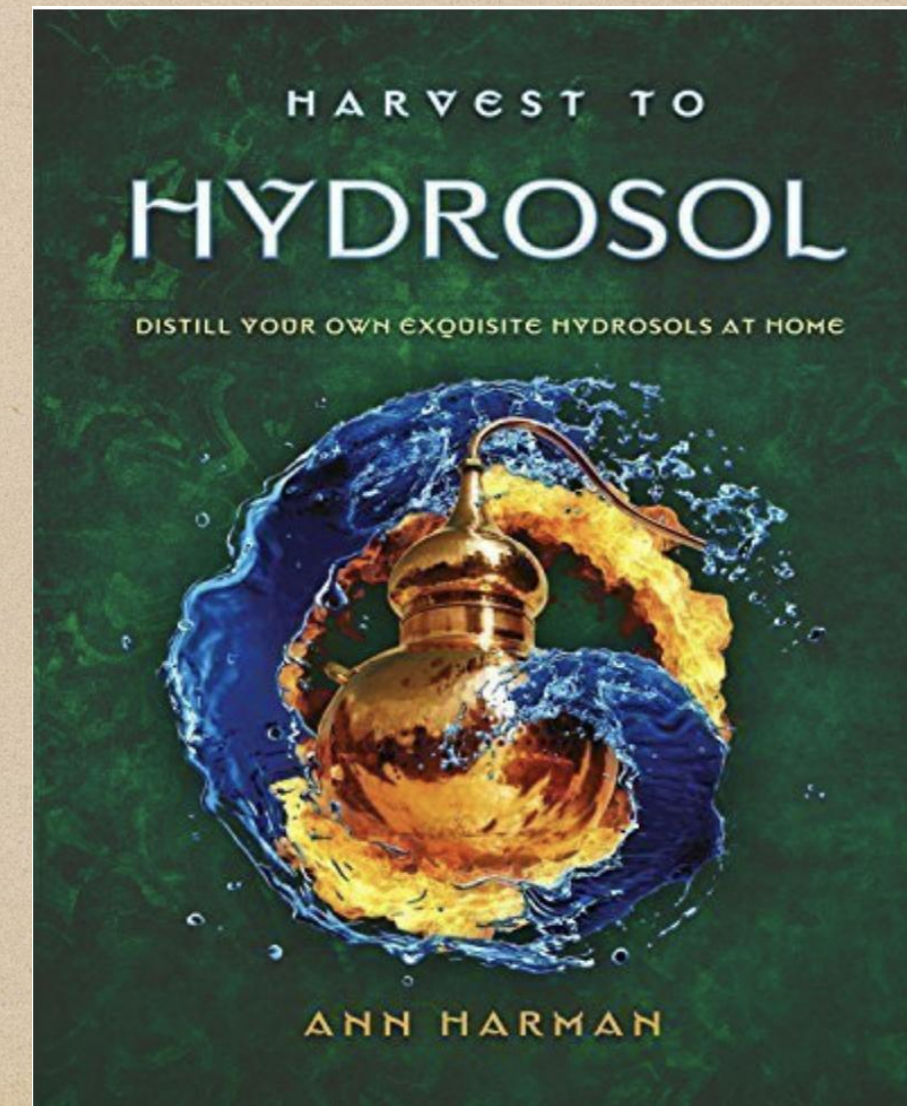


2016

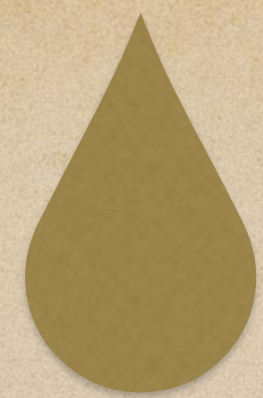


2018

2025
25 years



2016 (7 years) 2023



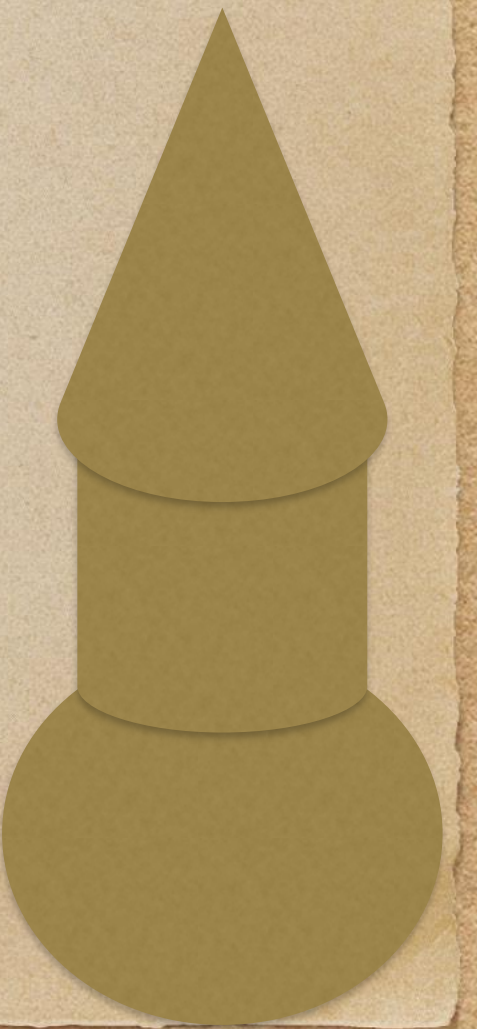
What is a Hydrosol?

- Aqueous distilled water containing various levels of trace hydrophilic compounds different from those in essential oils
- Therapeutic, Aromatherapy Quality Hydrosols should come from distillation where the hydrosol has been given consideration.
- A hydrosol can be a byproduct or co product or the primary product of plant distillation.

It depends on who you ask... and then listen to the answer!

How a Hydrosol is made:

- In the same operation and time that almost all essential oils are made.
- Through the process of steam/hydro distillation of plant material, water is vaporized and used to break down plant material liberating volatile organic compounds and water soluble chemistry.
- Many different methods and materials are used to distill, creating an added, complex layer of variables seen in hydrosols.



Hydrosols and how they are used: (Grades)

- Food/Produce/Beverage Preservation and flavoring
- Pesticide /fungicide
- Cosmetic applications + formulations
- Aromatherapy + Herbalism



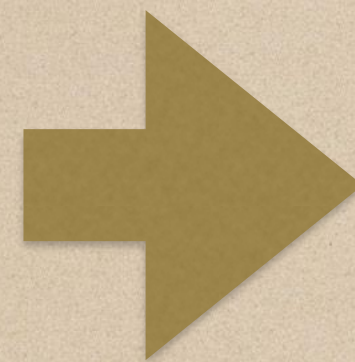
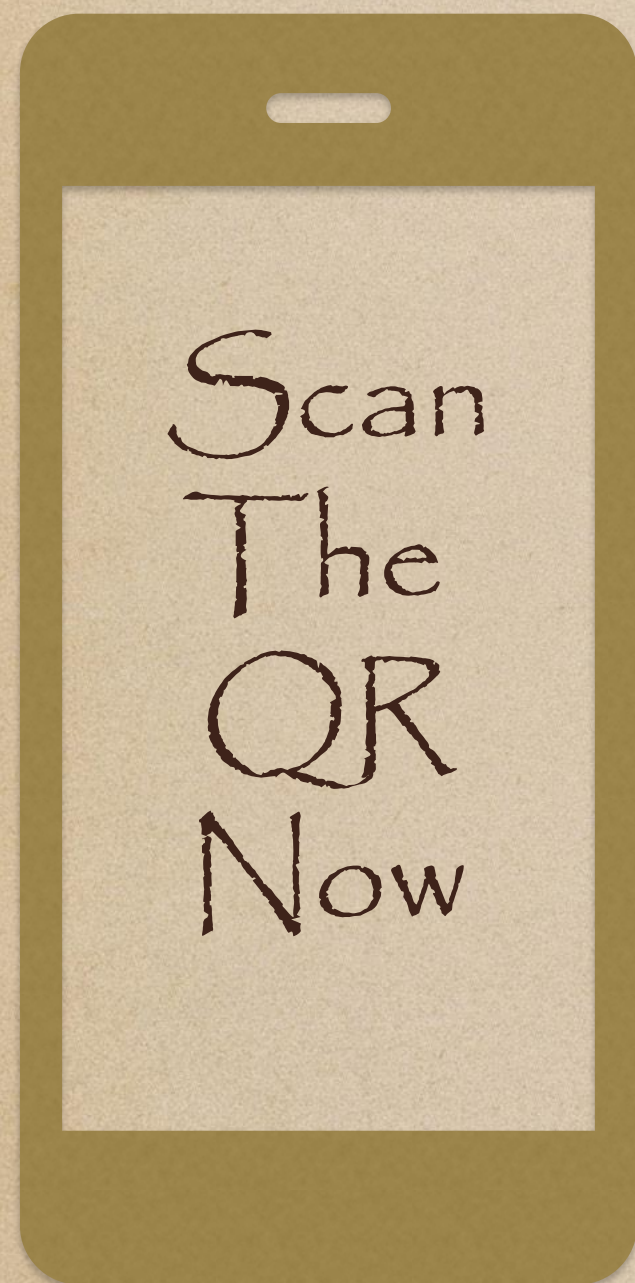
Who makes/sells Hydrosols

- Food/Flavor producers (preservatives added)
- Pharmaceutical labs (Produces with Select Chemistry in Mind)
- Commercial Essential Oil Producers _ (Hydrosol as a byproduct)
- Wholesale resellers (distributors) (pooled with a long chain)
- Agrotourism farms (Often Hydrosols are byproduct)
- Artisan Distillers _ (Hydrosols as a Primary Product)



Who would you want to source your Aromatherapy Practice Hydrosols from?

Hydrosols Studies & Insight



<https://jennscentzaromaversity.com/courses/introduction-to-hydrosols/>



Chemical Analysis and Studies

- Hydrosols contain components that affect Gram-positive (ex. *Listeria monocytogenes*) + Gram-negative bacteria and fungus.
- Hydrosols help with vulnerary care and wound healing.
- Hydrosols possess anti-inflammatory, antioxidant, neuroprotective, hepatoprotective, and anticancer qualities.
- Hydrosols contain acids that support collagen secretion.
- Hydrosols are an ideal treatment for various types of burn care



Quality of the Hydrosol

*Quality is determined by the quality of the raw plant material and the method by which it is distilled, combined with the expertise of the distiller.

- Plant material in nearly all cases should be freshly harvested at peak time for a Hydrosol primary distillation.
- The distillation should be performed in a manner than supports the production of full spectrum hydrosol.
- Meticulous sanitary practices, safe capture, proper storage, rebottling techniques with batching and testing.



Ideal Hydrosol Phase

Same plant, different phase



Why Hydrosols should be made from fresh plant material



Fresh

VS.

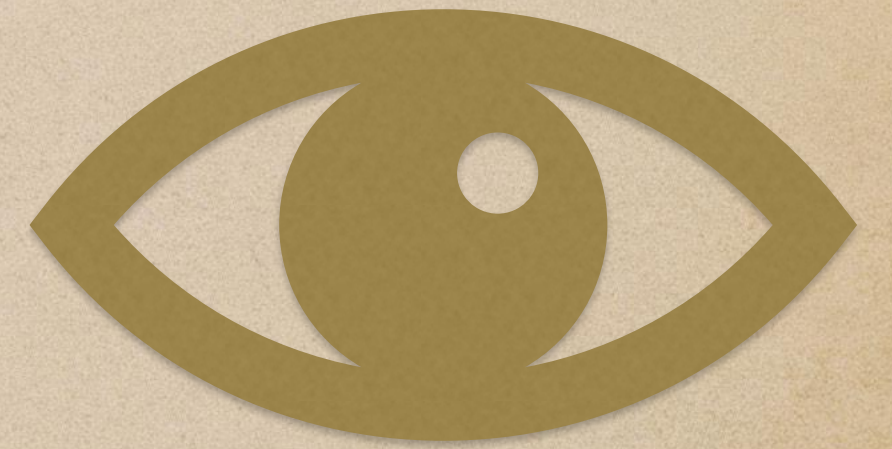


Dried

Exceptions: Resins/Copal

What are Professional Aromatherapists looking for in a Quality Hydrosol?

1. Safety- Free from contamination or biological activity.
2. Freshness -Distilled date, batching & Inventory.
3. Properly Handled- Bottled air tight, kept cool, away from light.
4. Chemistry- Broad Spectrum of chemistry with high "Aromatic Fraction".
5. Transparency- Trust ability that it is what it says it is.
6. Consistency- Reliability that the product will be available + consistent.
7. Volume- Access to enough product to keep in practice at a reasonable cost.
8. Demand- a client base that has desire + is open to hydrosols (knowledgeable).



What exactly is an Aromatherapy Practice Quality (APOQTM) Hydrosol?

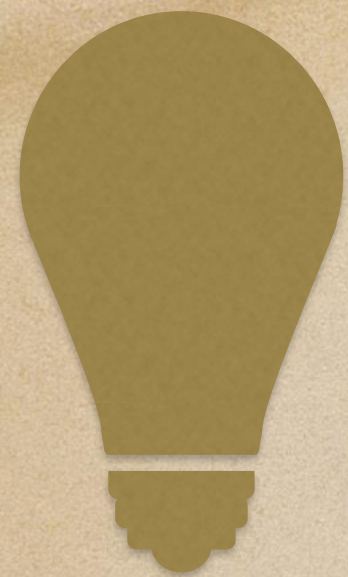


- Organically grown (propagation/seed + soil)
- Responsibly/sustainably sourced.
- Hydrosol Primary distilled plant material, harvested at optimal time for a hydrosol, distilled fresh (In most cases) in a manner that supports hydrosol production.
- High aromatic fraction 800mg/L-2500mg/L.
- Is sterile and contains no other ingredients or contaminants.
- Produced by a knowledgeable distiller who implements safe sanitary practices, safe bottling and proper storage.
- Renewed distilling every season.
- Properly labeled

What you may notice is different
in an APQTM hydrosol?



- Glowing Vibrancy, as if it were alive.
- Fresh and full of vitality hydrosol (should be used season to season)
- Aromatically pleasing reflecting the true plant natural essence.
- Full spectrum or complexity of potential compounds from a complete distillation
- High aromatic fraction 600 mg/L - 2500 mg/l
- Some level of consistency providing dependability.



So now you have your APQH Hydrosol? Now what?

- Identify where the Hydrosol can be a tool for you. You may already have a sense or idea.
- Hydrosols widen the scope of Aromatherapy practice allowing us to reach otherwise excluded groups.
- Practice using them on yourself in every possible scenario
- Offer them as an alternative to essential oils in cases that support it.
- Implement intention when using hydrosols alone or into a blend.



Intentionality & Focus

- When you set out with focus and intention, change happens.
- Quantum mechanics, "The observer effect."
- The human body is mostly water and can be manipulated by thought, feeling and energy.

Hydrosol Chemistry points to Use Value

- Hydrosol Chemistry is different from EO and often more complex in volume of compounds present
- Hydrosol Chemical ratios are a fraction of 1% of the total solution
- Hydrosols share much of the same Chemistry of essential oils in different ratios
- Thanks to GC/MS tests and good data libraries we can start analyzing the chemistry makeup



Observed Chemistry

Alcohols- Anti-viral, decongestant, mucolytic, nervine, relaxant, vulnerary, bactericide, expectorant, stimulant, antispasmodic, lymphatic

Ketones- Analgesic, Anti-inflammatory, cicatrizant, tonic, digestive, lipolytic

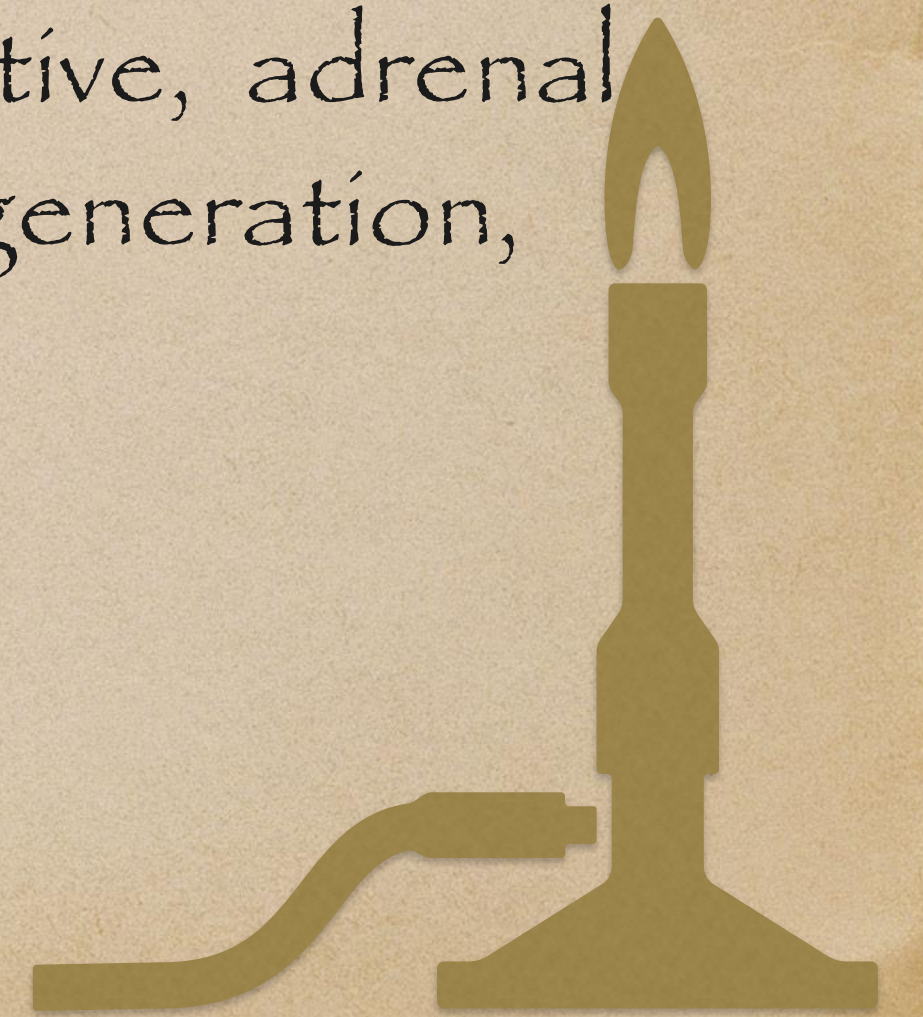
Aldehydes- circulatory, febrifuge, relaxant, tonic, hypotensive

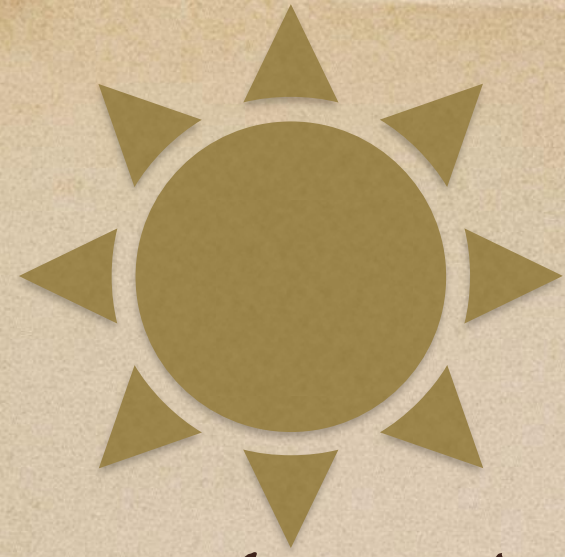
Esters- Antifungal, nervine, antioxidant, antispasmodic, soothing, carminative, adrenal

Oxides -antioxidant, antimicrobial, anti fungal, anti-inflammatory, cellular regeneration, anticancer

Acids- anti-inflammatory, hydrating, regenerative, exfoliating

Phenols- toning, ph rebalancing, soothing, calming, stimulating





Sunburn & Burn Care

Cucumber (*Cucumis sativus*)
Chamomile (*Matricaria chamomilla*)
Helichrysum (*Helichrysum italicum*)
Lavender (*Lavandula angustifolia*)
Peppermint (*Mentha x piperita*)
Calendula (*Calendula officinalis*)
Aloe (*Aloe barbadensis*)
Catnip (*Nepeta cataria*)
Frankincense (*Boswellia sacra*)





Womens Wellness

Hair Loss

Vaginal Care

Hot Flash

Basil

Lavandin

Peppermint

Eucalyptus

Juniper

Rose Geranium

Lavender

Rose

Tea Tree

Thyme

Geranium

Frankincense

Cucumber

Chamomile

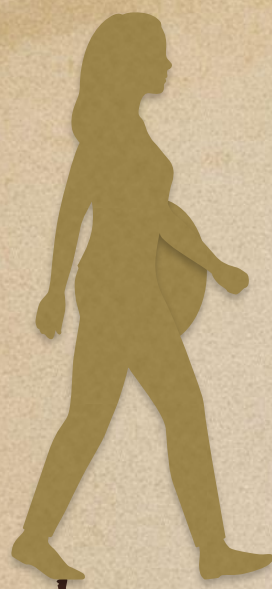
Peppermint

Clary Sage

Rose Geranium

Lemongrass

1:1 H2O dilution for douche



Pregnancy

Nausea (Morning Sickness)

- Peppermint
- Neroli
- Orange Blossom
- Basil

Can be sprayed over face, diffused in diffuser or sprayed onto wet cloth and hung over face .

Perinatal care

- Rose
- Lavender
- Tea Tree
- Geranium

Can be sprayed on menstrual pad, added to witch hazel wipes (rounds) or sprayed directly onto the perineum.

Chapped Nipples

- Rose
- Lavender
- Calendula
- Chamomile

Can be sprayed directly onto nipples or poured over milk pads (Compress).

Elderly/Geriatric *

Bed Sores

Calendula
Helichrysum
Lavender
Frankincense
Rosemary

Shingles

Roman Chamomile
Melissa/Lemon balm
Peppermint
Lavandin
Frankincense

Xerosis

Rose
Lavender
Yarrow
Rosehip
Helichrysum
Witch Hazel

*combine with plant enzymes



Infants/Toddlers

Cradle Cap

Diaper Rash

Teething

Rose

Lavender

Chamomile

Lavender

Cornflower

Lavender

Melissa/Lemon Balm

Calendula

Peppermint

Witch Hazel

Aloe

Cucumber

Examples of Hydrosol Application

- Foot Soaks
- Compress
- Nebulizer
- Diffuser
- Steam Inhaler
- Douche
- Clay Mask
- Hydrotherapy
- Sitz Bath
- Perineal Bath
- Netty Pot
- Gargle
- Pet Anxiety
- Pet Aromatherapy
- Skin Toner
- Detangler
- Scalp Care
- Burn Care
- Pet hygiene
- Facial Wipes
- Deodorant
- Psoriasis
- Naval Hygiene
- Pet hot Spots
- Nail Soak
- Hemorrhoid
- Itchy Paws
- Yeasty Ears
- Piercing Care
- Tattoo Care
- Sunburn
- Heat Rash
- Bug Bite
- Road Rash
- Eye Pads
- Hot Flash
- Xerosis
- Eczema
- Puffy Eyes
- Allergies
- Lotion/Cream
- Linen Spray
- Ironing Clothes
- Steam Mop
- Household Cleaner DIY
- Pregnant Belly Itch
- Poultice
- Cradle Cap
- Teething
- Make-Up Setting
- DIY Hand Soap

The Direct Connection™

Directly connecting with the plant via direct hydrosol to olfactory contact.





HONEST TO GOD
ORGANICS

Thank you!

- From soil to oil or seed to spritz, it is my honor to be a part of this community and be here with you today.
- If I have inspired curiosity or a passion for hydrosols, find me at JennScents Aromaversity.

JennScents 
AROMAVERSITY