

THE CREEKSIDE CREATIONS:
DISTILLED HYDROSOL USES/PROPERTIES

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HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
ANGEL KISS (Blend of lavender & chamomile)	Useful as an anti-inflammatory for inflamed or irritated skin (great in combination with Witch Hazel Hydrosol)!	A digestive aid, helping with upset stomachs, heartburn and indigestion.	Perfect when baby is grumpy, just mist in the air around the baby's aura!	
Arnica (<i>Arnica cordifolia</i>)	This Hydrosol is excellent rubbed full-strength on tired, sore feet as well as varicose veins. It is used for minor muscle aches and pains. Applied directly to a cotton pad, it can be applied to the face to refresh and stimulate tired and drawn skin.	<i>As with other Arnica preparations, Arnica Hydrosol should not be taken internally.</i>		
Arizona Cypress (<i>Cyprinus arizonica</i>) NOTE: This hydrosol contains ketones and should not be used by pregnant women or those with neurological sensitivities.	Helps puffy eyes, swollen ankles, edema. Antiseptic. Helps with cystic acne, eczema, psoriasis, wound washing. Styptic: use as an aftershave to slow bleeding from shaving nicks, or on fresh cuts to speed healing. Anti-inflammatory: Helps roceca, inflamed skin. Natural deodorant: offers an ancient desert scent. Use in a compress for varicose veins. Reduces skin itching, rashes.	Respiratory relief, clears sinuses, helps sore throats, hoarseness, congestion. Has been used successfully in weight loss programs and is said to be especially effective when combined with Juniper Berry Hydrosol! The program suggested is 1 oz a day (or 1/2 oz of Juniper Berry and 1/2 oz. of Arizona Cypress in a liter of water, to drink throughout the morning. Be sure to be by a bathroom, especially during the first week of the program!	Excellent meditation tool. Helps the "Monkey Mind." Helps with mental focus and with emotional grief. Very comforting. Protective of Boundaries. Use with rituals.	The scent of the high desert after a spring rain! Woody, high Chaparral scent

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<p>Bergamot, Wild (<i>Monarda fistulosa</i>) aka <i>Bee Balm</i></p>	<p>Use as a natural hand sanitizer, spray on door knobs, etc. to protect against virus' and bacteria, especially during cold and flu season.</p>	<p><u>Coughs, colds, flu, fever, abdominal pain, flatulence.</u> <u>Excellent for sore throats.</u> <u>In mouthwash, prevents tooth decay.</u> <u>A valuable remedy for cystitis & UTI's.</u> <u>Treats vaginal infections.</u> Revives the adrenals in times of stress. Excellent for UTI's! Digestive: anorexia, flatulence, liver congestion, gall bladder.</p>	<p>For anxiety & stress. Has a warm feeling, but cooling at the core, diffusively stimulating, but relaxant. Brain: good for debility and fatigue & nervousness.</p>	<p><u>Contains thymol & geraniol, both ingredients in Listerine mouthwash.</u></p>
<p>Black Spruce (<i>Picea mariana</i>)</p>	<p>Spray on face and body when working out to improve stamina. Great when you hit the wall.</p>	<p><u>Excellent for boosting the immune system, as well as for the respiratory system.</u></p>	<p>A delightful water distilled from the fresh needles of wildcrafted <i>Pinea mariana</i>.</p>	<p>Strong, wild fragrance, not for the feint of heart.</p>
<p>BLEMISH CONTROL <u>Co-distillation</u> of Organic: <u>Juniper berry</u> (<i>Juniperus communis</i>), <u>Ponderosa pine</u> (<i>Pinus ponderosa</i>) and <u>Geen Tea</u> (<i>Camellia senensis</i>)</p>	<p>Excellent treatment for acne and other skin eruptions. Spray on face morning, night and during the day to treat and prevent blemishes! Take this handy spritzer with you everywhere, for repeated astringent and humidifying application. With particularly troubled spots, simply spray on a cotton ball and use as a quick compress. . Cleanse with facial scrub or soap, then spray this hydrosol just before applying Smoother Skin Face Serum.</p>			

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<p>Calendula (<i>Calendula officinalis</i>)</p>	<p>Wounds, abrasions, sunburns, scars. Astringent, healing. Rashes, itching, bug bites & stings. Eczema! Astringent, antiseptic Anti: Inflamm., Anti-viral, bact., fungal. Truly promotes healing! Use wherever there is inflammation on the skin, from infection or trauma. Beneficial in slow-healing wounds and minor burns. Good skin toner. Compresses for aches & pains.</p>	<p>Anti: Inflammatory., anti: viral, bacterial, fungal.</p>	<p>core, diffusively stimulating/</p>	<p>Refreshing. Soothing, sweet, mildly floral.</p>
<p>Catnip (<i>Nepeta cataria</i>) AKA: <i>FELINE FUN!</i> OOS</p>	<p>Calming for every human, but ecstatic for the felines among us!</p>	<p>Childhood colds and colic. Controls fever, especially in children. Digestive aid (gas, bloating, stomach upsets). Nervousness; stress; insomnia. Relieves spasms, muscular and menstrual cramps; pain reliever.</p>	<p>As a linen spray, just a tiny spritz on the pillow on a sleepless night. Safe for children on scary nights. Cats love this mist!</p>	<p>Softly rounded mint notes.</p>
<p>Chamomile: German (<i>Matricaria recutita</i>) AKA: <i>CANINE CALM</i></p>	<p>For nursing mom's sore breasts and baby's teething. For baby wipes. Anti-inflammatory. Skin irritation, rashes, redness, sunburns. Varicose veins! Treats burns. Great to treat Acne or rosacea! Eyewash for irritation & dark circles. Reduces skin puffiness Promotes skin elasticity</p>	<p>1 tsp. in water for relaxing & calming. For urinary tract infections & intestinal cramps.</p>	<p>Deeply calming (good for infants and pets as well)</p>	<p>Sweet, honey-like with hay-like undertones</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>COLD & FLU, SKIN INFECTION SUPPORT <u>A very special Co-Distillation:</u> <u>Oregano</u> (<i>Oreganum vulgare</i>), <u>Savory</u> (<i>Satureia hortensis</i>), <u>Thyme</u> (<i>Thymus vulgaris</i>) & <u>Echinacea</u> (<i>Echinacea purpurea</i>)</p>	<p>Helpful in treating psoriasis and eczema, soothes the itching, calms inflammation, and assists healing of the basal cells of the skin! This hydrosol has also been effective against local skin infections: including impetigo and other staph infections.</p>	<p>Early prevention and treatment of flu-like symptoms! The synergy of these anti-viral hydrosols is purported to ease the aches and pains, and provide anti-viral and anti-bacterial properties. They work together to support and strengthen the immune system. People who have used this state that a few spritzes in the mouth 3-4 times a day, or a tsp. in a liter of water consumed throughout the day helps relieve flu symptoms within 24 hours. NOTE: This statement is not a prescription, but rather a suggestion for a natural approach to gentle healing. Diluted with water, it can be used as a mouthwash and is especially useful for toothaches. Pain relief, amoebicide, anticandida, treats upper respiratory infection, decreases lymph node swelling, and lessens nervous fatigue.</p>		<p>The in vitro antibacterial activity of the hydrosols of sixteen spices (anise, basil, cumin, dalmatian sage, dill, fennel, laurel, mint, oregano, pickling herb, rosemary, sage, summer savory, sea fennel, sumac and black thyme) were tested on fifteen bacteria (<i>Bacillus amyloliquefaciens</i> ATCC 23842, <i>B. brevis</i> FMC 3, <i>B. cereus</i> FMC 19, <i>B. subtilis</i> var. <i>niger</i> ATCC 10, <i>Enterobacter aerogenes</i> CCM 2531, <i>Escherichia coli</i> ATCC 25922, <i>E. coli</i> O157:H7 ATCC 33150, <i>Klebsiella pneumoniae</i> FMC 5, <i>Proteus vulgaris</i> FMC 1, <i>Salmonella enteritidis</i>, <i>S. gallinarum</i>, <i>S. typhimurium</i>, <i>Staphylococcus aureus</i> ATCC 2392, <i>S. aureus</i> ATCC 28213, <i>Yersinia enterocolitica</i> ATCC 1501). The hydrosols of six spices (anise, cumin, <u>oregano, savory echinacea and thyme</u>) had antibacterial activity against the test bacteria. <u>Oregano and Echinacea were most effective against all bacteria during incubation.</u> Anise, cumin and black thyme hydrosols were active against some bacteria, but not all. The other hydrosols did not show activity against all bacteria tested.</p>

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<p>Comfrey (<i>Symphytum officinale</i>)</p>	<p>For burned or irritated skin. Soothes, heals scrapes and cuts. Wound healing. Takes itching from rashes & insect bites. Stimulates and strengthens tissues. Mild astringent, emollient. Encourages bone, tendon and tissue healing. Diaper rash, varicose veins, Acne, skin conditions. Regenerates aging skin (contains mucilage).</p>	<p>Has been known to help asthma, rheumatism & arthritis. In douche or bath, for vaginal health. Caution when taking internally (has been known to cause liver failure in <i>large</i> doses) NOTE: Some take this as a liver tonic. Use on pets as an eye and ear cleaner.</p>		<p>Very mildly aromatic Contains Allentoin (a cell proliferant), and is called “bone heal” as it helps to assimilate calcium into the bones.</p>
<p>Cucumber (<i>Cucumis sativus</i>)</p>	<p>Anti-inflammatory: Helps roceca,</p>	<p>Add a 1 tsp. to a glass of water for a refreshing beverage. Take before meals to reduce appetite and improve digestion. It will flush & clean the renal system & reduce fluid retention. Mix with a pinch of sea salt & a tsp of honey for an electrolyte beverage that will hydrate the body.</p>	<p>Allows tears to flow, freeing blocked emotions, washing away negative & harmful energies, & helping resolve past hurts and traumas.</p>	<p>Refreshing, cooling, crisp aroma and taste. A melon-like sweet tone.</p>

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<p>Douglas Fir <i>(Pseudotsuga menziesii)</i></p>	<p>Helps to purify and protect all skin types. When sprayed as a facial toner, it is known to balance the pH of the skin and soothes inflamed, sunburned or acne-proned skin. Known to minimize the appearance of hyper pigmentation (sun damage and dark spots). Rich in Beta-Pinene, Douglas Fir is the perfect skin conditioner for men, women, and teens alike: Its woody and sweetly resinous scent will appeal to all genders and ages. Perfect for removing make-up. Disinfectant and antiseptic properties: useful to clean and soothe razor cuts, scrapes, or rashes. A gentle daily substitute for his aftershave.</p>		<p>Spray it on your sheets to calm your senses that have been frayed and assaulted by city or urban life.</p>	<p>The Scent of Nature, Stillness, Adaptability and Peace. Can be used throughout the day on your skin, body, hair or sprayed into the air: uplifts the mood and boosts the energy. A worthy meditation tool (or room freshening spray) that brings Expansive, Empowering, Centering, Uplifting, Calming, and Anchoring energies .</p>
<p>Echinacea <i>(echinacea purpurea)</i></p>	<p>Analgesic, anti-infectious, anti-inflammatory, anti-viral. Good for sanitizing hands, door knobs, etc. during winter or when colds are prevalent.</p>	<p>One of the most effective immune booster (immunostimulant)!</p>		<p>Nice herbal taste. Mild, pleasant.</p>

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<p>Feverfew (<i>Tanacetum parthenium</i>)</p> <p>Not recommended for pregnant women or people taking blood thinners</p>	<p>Skin conditions. For sensitive faces, skin moisturizer. Discourages blemishes. Mist & compress for migraines. Muscle & arthritis pain. Anti-inflammatory. Effective against Psoriasis. Insect repellent. Use topically for insect bites.</p>	<p>Migraine headaches. (Good to use daily for prevention) When feeling one come on, start spritzing in mouth frequently. Promotes restful sleep. Helps memory!!</p> <p>Relief from depression, nausea & arthritic pain.</p> <p>Improves digestion.</p> <p><u>Reduces fevers.</u></p> <p>Arthritis.</p> <p>Menstrual irregularities & premenstrual headaches. Toothaches. Rich in iron, niacin, Vit.'s A & C!</p>	<p>Asthma. Relieves tension: Stress-buster.</p>	<p>Parthenolide, an active compound that helps relieve smooth muscle spasms. In particular, it helps prevent the constriction of blood vessels in the brain (one of the leading causes of migraine headaches). Parthenolide also inhibits the actions of compounds that cause inflammation and may inhibit cancer cell growth.</p> <p>Cortisone-like properties, reduces arthritis and inflammatory pain.</p> <p>*Interferes with blood clotting!</p> <p>Long-term users report relief from depression, nausea and inflammatory arthritic pain.</p>
<p>Goldenrod (<i>Solidago canadensis</i>)</p>	<p>Use as a mist on face for seasonal allergies. Excellent as compress or friction rub for arthritis and rheumatism. Use for fluid retention & uric acid in joints & tissues. Strong anti-inflammatory & moderate antispasmodic, for sore muscles, stiff neck, tendonitis, & repetitive strain injuries. Prevents inflammation if used as a friction rub before or after workouts. Reduces swelling in varicose veins. Also aids in wound healing.</p>	<p><u>Bladder inflammation.</u> Strong diuretic, aids treatment of kidney stones, cleanses hepatorenal system. <u>Cardiotonic properties:</u> lowers blood pressure (avoid if already low), as well as anti-inflammatory</p> <p>Helpful with endocarditis & pericarditis.</p> <p><u>Boosts immune system during colds and flu.</u></p>	<p>Very energetic: carries intense vibrations of sun & heat; opens the solar plexus & diaphragm, bringing calm. Energetic healing for emotions & heart & for help in releasing old anger.</p>	<p>Aroma of wet hay, dry feeling in mouth (shows the diuretic quality)</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>Green Tea (<i>Camellia senensis</i>)</p>	<p>Potent anti-oxidant! Prevents degradation of cell membranes: Anti-aging & wrinkle reduction. Reduces sun damage. Clears acne.</p>	<p>Provides a gentle caffeine pick-me-up without the jitters.</p> <p>Spritz directly into mouth or into glass of water.</p>		<p>Aroma is just that of a good strong cup of excellent organic green tea!</p>
<p>Horsetail (<i>Equisetum arvense</i>)</p>	<p>Silican: Cartilage growth, nail & hair building. Hair volume, health and sheen. Treats dandruff. Promotes healing from wounds & burns. Increases collagen, firms & refreshes skin. Strengthens fingernails. Relieves arthritis, stiffened joints, sprains & strains. Slows growth of polyps, tumors. Washings & baths are beneficial for inflammation of the nailbed, cracked feet, caries, old festering wounds, cancer-like growths, bony projections on the heel, fistulas, barber's itch and herpes. In face spritzers to give skin a firm & smooth look & feel. Improves elasticity of both hair & skin. Eliminates excess oil from skin & hair. Strengthens connective tissue as well as increase the skin & scalp's defenses.</p>	<p>Treats cystitis: <u>Urinary tract cleanser.</u></p> <p><u>Osteoporosis, osteo & rhuematoid arthritis.</u></p> <p><u>Mouth sores, Silica & Calcium aid in tooth enamel.</u></p> <p>Gargle for sore throat or bleeding gums.</p> <p>Diuretic to reduce edema.</p> <p>Something that many people may not know is that the silica in horsetail also acts on lipid metabolism, resulting in an anti-atheromatous action. Translation: <u>horsetail helps guard against fatty deposits in the arteries!</u></p>		<p>Aside from silicates, horsetail is abundant in potassium , aluminum, and manganese , as well as a variety of flavonoids.</p> <p>Because it contains silica and minerals, horsetail often is used to strengthen bone, hair, and fingernails -- parts of the body that require high mineral levels. You may drink horsetail tea every day -- for no longer than a month -- if you've broken a bone.</p> <p>Also may be used by those who have wounds that do not heal well.</p> <p>Can increase both your calcium absorption and use, making it a powerful key to overcoming osteoporosis, rheumatoid arthritis and osteoarthritis.</p> <p>Rich in silica and mineral salts, Horsetail has a proven record as a re-mineralizer of bones and connective tissues.</p>

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<p>Juniper Berry (<i>Juniperus communis</i>)</p> <p>Note: we cannot endorse internal use with any hydrosol, due to FDA regulations.</p>	<p>Cleansing & detoxifying! Antiseptic. Good for tired feet. Treats acne, oily skin, blocked pores. Astringent toner & cleanser. Treats dry eczema. It acts like a diuretic on congested skin: Swollen eyes, ankles, etc. Use this topically (or internally) for arthritic & rheumatic pains For fibromyalgia, using externally in a spray or compress, or a 3-week treatment of internal use may be helpful.</p>	<p>Aids, gout , edema, rheumatic and arthritic conditions. It is cleansing and detoxifying.</p> <p>Use for bronchitis, candidiasis, as an anti-parasitic, & for arthritic & rheumatic pains in combination with Pine.</p> <p>For fatigue, immune depression and fibromyalgia, a 3-week treatment of internal use.</p>	<p>Spray to lift moods, provide energy and stamina.</p>	<p>Incredible sage-like pine.</p>
<p>Lavender (<i>Lavender augustifolia</i>)</p>	<p>Ideal for every skin type. A regenerative, cooling, healing facial spray for damaged or fragile skin. Relieves sun burns, cools skin down. Cellular regenerative, for damaged or fragile skin. Compress for tension headaches. Cooling in summer's heat, soothing sunburns, healing irritation, tones oily, dry & mature skin. Recommended for fragile or damaged skin. A wonderful ingredient for face masks for all skin types.</p>	<p>A lovely addition to water: add a tsp. in you drinking water for a calming and tasty drink! Makes excellent martinis!</p>	<p>Spray on your pillowcase and sheets for restful sleep. Great to spray on yoga mats! Children love this hydrosol as a sleep time ritual. Spray and repeat 3 times: AHHH!</p>	<p>Floral, sweet with honey overtones.</p>

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<p>Lemon Balm (<i>Melissa officinalis</i>)</p>	<p>Cool and clarifying for all skin types and is a wonderful treatment for <u>stressed or tired skin</u>. Also treats poison ivy. Gentle enough for babies, safe for use during pregnancy. A spritz on the face and body will help treat stress, anxiety, and childhood agitation.</p>	<p>Melissa is also known to help <u>children with ADHD</u> when a teaspoon is added to one glass of water and consumed on a daily basis. A splash in a martini shaker makes a divine herbal cocktail!</p>	<p>Melissa is one of my favorite hydrosols to soothe both body and spirit! Melissa is well known for its ability to calm the body and mind, without being overly sedating.</p>	<p>Lemon, floral, mildly bitter. Softer on dilution. Spritz and enjoy both the physical and emotional support of Melissa!</p>
<p>Lemon Verbena (<i>Aloysia triphylla</i>)</p>	<p>A powerful mental relaxant and stress buster. Builds confidence. Strong Anti-inflammatory. For normal & combination skin.</p>	<p>Strong Anti-inflammatory. Balancing, calming, digestive, general tonic. Relieves stomach issues and indigestion. Has anti-spasmodic qualities to help calm the stomach, eliminate cramping and bloating. Helps with weight loss goals, protects muscles, reduces inflammation, boosts the immune system, reduces fevers, clears up congestion; soothes nerves, <u>As an exercise supplement, research has shown that the high antioxidant potential decreases damage done to the muscles during the workout, without inhibiting your body's development of additional muscle mass and increased stamina. This makes it the perfect workout companion!</u> It has been directly linked with reduced joint pain and aching, and recovery times for joint-related injuries, due to the impressive antioxidant performance. <ul style="list-style-type: none"> . Helps eliminate phlegm & mucus. . Treat respiratory congestion. . Reduces joint pain. . Boosts immune system. . Aids in weight loss (regulate sappetite) Relieves stomach issues. . Helps develop muscle mass. </p>	<p>Boosts self-esteem and confidence. Scent is soft, fresh & lemony. <ul style="list-style-type: none"> . Relief from nervous afflictions and stress. </p>	<p>Contains a high concentration of powerful antioxidant compounds, including verbascoside, nerol, geraniol, and citral: a powerful boost to many of your organ systems and metabolic processes.</p> <p>Research has connected supplementation with lowered oxidative stress levels and better overall health of the body, evidence by a decisive <u>increase in white blood cells, the first line of defense for our immune system.</u></p> <ul style="list-style-type: none"> . Mental relaxant & stress reliever. . Helpful for anxiety. . Boosts self esteem & confidence. . Stimulates the endocrine system. . Relieves PMS & cramping. . Digestive aid. . Use as a mouthwash after dental surgery. . Clarifying for the skin.

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Lime (<i>Citrus latifolia</i>)	Stimulates skin circulation, Balances skin pH. Tightens outer epidermis. Oily or blemished skin. Rejuvenating facial toner. Varicose veins.	Salad spritzers, great in water.	Great to spray on yoga mats!	Refreshing, uplifting.
Linden Flowers (<i>Tilia vulgaris</i>)	Compress on forehead for <u>migraines</u> . Antispasmodic. Muscle relaxant. Mist skin on hot humid weather. <u>dry eczema, itchy irruptions (combine with Chamomile)</u> <u>Psoriasis (with witch hazel)</u>	Nervine, sedative. Helpful in colds, flu, cramps, indigestion. Take for <u>migraines and nervous tension</u> . Lowers blood pressure.	Children love this hydrosol as a gentle freshener!	Floral with a wheat-beer overtones, somewhat herbal. Superb flavor.... floral without the intensity of rose.
Lovage (<i>Levesticum officinale</i>)	Fabulous in deodorants <u>Neutralizes body odor</u> . Improves skin tone. Promotes wound healing. Antiseptic. Helps Poor circulation, joint pain.	Diuretic <u>Expectorant helps with fever</u> . Helps indigestion, menstrual irregularity. <u>Treats urinary tract infections</u> . <u>Relieves allergies</u> .		Fragrance is spicy, sweet, reminiscent of angelica, parsley and celery. Relaxing, soothing and slightly aphrodisiac. Sprinkle in your bathwater... you will be irresistible! It's a fabulous general body spray!
MEN'S FACIAL TONER Co-distillation of <u>Ponderosa Pine</u> , <u>Witch Hazel</u> , & <u>Chamomile</u>	A mild astringent, skin conditioner, quick refresher, and healing toner. Spray face after shaving or during the day! When you don't have the time to clean up, simply spritz on your face & neck. The scent is alive with antiseptic pine, conditioning with chamomile. The witch hazel heals, cleanses & tightens the skin, closing facial pores, and leaves a light film of moisture to help soothe dry skin.		This hydrosol is great for those stressful (and perhaps sweaty) days!	

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Mugwort, Owyhee (<i>Artemisia ludoviciana</i>)	Heals and soothes inflamed skin. Anti-inflammatory. Sores, rashes, skin eruptions, itches, eczema. Great facial mist. Deodorant.	In bath for fevers. Herbal gargle for sore throat.	An excellent spray to cleanse your meditation space. Also to “smudge” rooms, closets, and any space.	Hydrosol: Floral & fruity scent. E.O.: Spicy sage-like back notes. Artemisia is named after Artemis – Goddess of the Moon, Nature and all wild things. Artemisia is loved for her spiritual emphasis.
Valencia Orange (<i>Citrus sinensis</i>)	Anti-inflammatory for skin, anti-bacterial, fungicidal. For greasy skin hydration & care. For cellulite & water retention. Hydrates, replenishes skin.	Excellent in ice water or martinis!	Gentle and fresh. Good for babies <u>For adults, an aphrodisiac.</u>	Refreshingly aromatic, citrus smell & taste.
Oregano (<i>Oreganum vulgare</i>)	Moisten a clay mask to apply its antibacterial effect to acne. Pets: A wonderful wound cleaner and disinfectant. Germacidal, fungicidal, antiseptic.	As an antiseptic mouthwash, and a gargle for sore throats. Used in the Near East to aid digestion. A general health tonic, stimulates the immune system. Effective against flu, staph & bacterial infections. Drink 1 tsp in 8 oz. of water at least twice a day. Nervous system & brain regeneration.		Much gentler and lighter in aroma than the essential oil it still is definitely oregano scented, but lighter. yummy!
Peppermint (<i>Mentha piperita</i>)	Anti-inflammatory, used to treat stiff muscles, aches and pains, strains and sprains. Great for breath and acneic skin. DO NOT use in children under 3 years old.	Excellent Breath Freshener! Wonderful for gas and upset stomachs. Treats colic, heartburn, indigestion. Detoxifies liver & colon. Put in ice cubes for refreshment.	Stimulates mind, enhances focus. Good for fatigued states. Spritz to revive in hot weather or to soothe hot flashes.	Cool & refreshing.

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>Ponderosa Pine (<i>Pinus ponderosa</i>)</p>	<p>A very energizing and restorative body spray! It offers a grounding and uplifting energy and settles the nerves. Athletes will find that misting their bodies and faces will help during strenuous work outs. Computer users will feel transported from electronic and mentally-exhausting environment, into the Pine Forest!</p> <p>A great facial toner and deodorant. It is helpful for "fixing" (neutralizing) the skin. Useful as an anti-inflammatory for muscle, joint and tissue pain.</p> <p>An anti-fungal, cleaning under and between the toe and finger nails with this hydrosol is very healing. Helps with Athletes' foot, refreshes Gym shoes.</p>	<p>A powerful general tonic. An effective immune system stimulant. Helps support the immune system and is effective in strengthening lung support, especially helpful when used as an expectorant.</p>	<p>Use Ponderosa Pine for physical and mental endurance: When you feel like you have "hit the wall," spray this hydrosol on your face, mouth and body!</p> <p>An antiseptic and anti-fungal, it is perfect for in-between showers, washing shower stalls, or misting bed linens.</p> <p>It is effective in cleaning and purifying the environment. Ponderosa Pine mist helps to clear the air of unwanted microbes.</p>	<p>Refreshing and forest-like woody aroma with a resin edge. It is piney and sweet. Ponderosa Pine Hydrosol truly will connect us to the Tree Kingdom if we just ask and spray!</p>
<p>Rose (<i>Rosa damacena</i>)</p>	<p><u>Superior skin hydration.</u> Anti-wrinkle treatment. Reduces skin irritation. Softens & revitalizes. Aids blood flow to skin, stimulating. <u>Balances sebum (for oily or dry skin)</u> <u>Tightens pores.</u> Antibacterial. Fights acne and Dematitis.</p>	<p>Used in Persian cooking. Great in cocktails. 1 tsp. in water for stress.</p>		<p>Almost identical to fresh plant!</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>Rose Hips (<i>Rosa rubiginosa</i>)</p>	<p>Restores damaged complexions. It feeds the skin, balances its PH and increases hydration. It helps to prevent and diminish the appearance of scars, marks, sunspots and pigmented areas. Astringent, anti-aging, skin rejuvenation, repairs scar tissue, including acne, surgical, and burn scars, stretch marks, deep wrinkles, UV damage (sun spots), radiation damage, hyperpigmentation. Good for brittle nails, dry and damaged hair, dermatitis, eczema, psoriasis, and all types of skin diseases. Superior skin hydration. Anti-wrinkle treatment. Reduces skin irritation. Softens & revitalizes. Aids blood flow to skin, stimulating. Balances sebum (for oily or dry skin) Tightens pores. Antibacterial: fights acne.</p>	<p>Contains high amounts of vitamin C. Great in cocktails!</p> <p>1 tsp. in water for stress.</p>	<p>Soothes emotions. Supports the opening of your heart. Well-being, balance & harmony. Reduces anxiety & depression. Helps PMS moodiness and hormone balance problems.</p>	<p>Made purely from the rosehip fruit of our organic Rugosa Rose bushes. It has a lovely floral and slightly rosy scent, that is also citrusy. It is garden-like and clean smelling. A genuine soft smell that lingers on the skin and in the air.</p>
<p>Rosemary (<i>Rosmarinus officinalis</i>)</p>	<p><u>Excellent for hair health, shine, growth.</u> Works on Middle layers of the skin, calming irritations & problems from the inside out. <u>Decongests clogged pores.</u> Mild astringent good for acneic skin. Strong antioxidant properties & a free-radical scavenger, a skin regenerator for <u>anti-aging.</u></p> <p>Anti-microbial, Analgesic</p>	<p>For liver problems, candida (Anti-fungal). <u>For mucous, congestion, resp. health.</u></p>	<p>Energizing & Stimulating! Mental clarity.</p>	<p>Rosy-leaf fragrance. Slightly balsamic. This is stimulating both by external application and internal use. This is the 'holding back old age' hydrosol. It should be taken as a tonic drink, bathed in, used in shampoo or skin care; submerge yourself in Rosemary. Has shown powerful properties in diminishing the effects of alzheimers.</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
Sandalwood (<i>Santalum album</i>)	Sandalwood spritzed into your hair makes an incredible freshener... your hair will immediately look and feel healthier, shinier and have a wonderful glow! Also exceptional as a skin toner for mature or crepe-like skin. Gives face a dewy softness!	Easing to digestion. It can also be used culinary dishes and treats.	Very calming. Deliciously uplifting, this hydrosol uplifts the spirit and calms the mind	As a hydrosol, sandalwood has a soft, dry, and unmistakable odor that is very delicate. It is from the wood-family of aromas, and must be carefully purchased to avoid endangered tree areas.
St. John's Wort (<i>Hypericum perforatum</i>)	<u>Rub on spine to decompress (opens spaces) and help with sciatica. Great for Friction rub massages.</u>	In water each am: Antidepressant. Mild laxative, helps intestinal cramping. <u>*Said to help with M.S. symptoms*</u> ... take 1 tsp infused oil (could this work for hydrosol as well?). Also apply externally to weak areas.* Cleanses, calms, and reduces spasms in digestive system.	<u>Antidepressant, Comforting.</u> Mild euphoria, helps with SAD	
Wild Sage (<i>Artemisia tridentata</i>)	<u>Anti-fungal, anti-bacteria.</u> Excellent for athlete's foot, tired feet, spray in tennis shoes. <u>Very effective in deodorant action.</u> Good skin bracer for men.		This hydrosol is sure to transport you into the dry desert air of sage country. Its uses are for energetic protection and cleansing. Refreshing and revitalizing!	This is not really a sage, but one of the many artemisias, such as wormwood and mugwort.

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>Thyme (<i>Thymus vulgaris</i>)</p>	<p>Goodbye Acne (both bacterium and PCOS)! Try instead of Benzoyl peroxide! Treats eczema and troubled skin; promotes complete skin health! Powerful antioxidant: Protects skin from premature aging! Helps with dandruff, thinning hair, promotes hair growth!</p>	<p>A great Breath Freshener! Prevents dental decay, bad breath! Gargle for sore throat! Promotes teeth and gum health, treats mouth ulcers! Treats Inflammation and Pain (has same COX-2 Inhibitor as Celebrex)! Helps treat symptoms of Arthritis! Treats congestion and respiratory conditions! Strong Anti-bacterial; effective for antibiotic resistant strains. Strong anti-viral; strong anti-fungal! A real energy tonic! Bone health: Good source of Vit. K, iron, calcium and iron! Treats anemia, fatigue and low immunity! Balances hormones: Treats PCOS, menstrual and menopause symptoms!</p>	<p>Eases stress and anxiety! Promotes restfulness as well! Promotes feelings of Well-being! Balances hormones: Treats PCOS, menstrual and menopause symptoms!</p>	<p>Wonderful peppery taste, great for seasoning food and drinks!</p>
<p>Witch Hazel (<i>Hammemelis virginiana</i>)</p>	<p>A very strong antioxidant, as well as an astringent, used to reduce redness, rashes, itching, swelling, and the scaling of skin; it has been shown effective in combating eczema and psoriasis. A powerful antiseptic to use when cleaning wounds, or for calming insect bites and bee stings. Also known to treat poison ivy. For teenage skin, it is effective as an anti-aging substance for mature or damaged skin. Witch hazel is very effective for use daily as an astringent.</p>	<p>Witch Hazel has a long history of use in oral health care. Include it in mouth sprays, rinses and washes and to ease sore throat pain.</p>		<p>A delicate herbaceous scent with a woody edge to it. It is very different than the commercial witch hazel products you find in pharmacies--this hydrosol contains NO alcohol.</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>WOMAN'S FACIAL TONING MIST</p> <p>Spritz your face each morning, after you cleanse/scrub and have applied your serum/moisturizer. Spray your face and neck area as frequently as you want to refreshen and condition your skin. You can even spray lightly over your make-up without worry of running or smearing! Skin feels like velvet the first day, and that regular use is making their face look younger, glowing, and healthier! Made with a blend of hydrosols that are renown for their healing and anit-aging properties.</p>	<p>. <u>Rose hips</u>: quenches the skin's thirst and making it supple and soft. .</p> <p>. <u>Green tea</u>: a powerful anti-oxidant, and protects the skin by preventing the destruction of cell membranes. This aids in wrinkle reduction and reduces sun damage.</p> <p>. <u>Lavender</u>: regenerative properties for damaged or fragile skin.</p> <p>. <u>Witch Hazel</u>: a free radical scavenger, an amazing astringent that not only reduces aging signs, but cleanses and moistens the skin.</p> <p>. <u>Peppermint</u>: an anti-inflammatory that will aid in diminishing blemishes.</p> <p>. <u>Rosemary</u>: reduces skin flaws, pimples, bumps & uneven textures on facial or damaged skin.</p> <p>. <u>Calendula</u>: antiseptic, astringent, anti-inflammatory. An excellent skin toner, helps wherever there may be inflammation.</p> <p>. <u>Chamomile</u> is known to decrease skin puffiness, is excellent for delicate or allergy-prone skin, and promotes skin elasticity.</p>			<p>Made with a blend of hydrosols that are renown for their healing and anti-aging properties.</p> <p>Use wherever there is inflammation on the skin, from infection or trauma. Beneficial in slow-healing wounds and minor burns.</p> <p>Good skin toner.</p> <p>This carefully selected blend is an every day facial spray to have handy all day long!</p>

HYDROSOL	EXTERNAL USE	INTERNAL USE	AROMATHERAPY	SCENT/TASTE, OTHER
<p>Yarrow (<i>Achillea millefolium</i>)</p>	<p>For inflamed or irritated skin. Treats psoriasis and eczema, soothes itching, calms inflammation! Soothes insect bites, eczema and poison ivy, eases sunburns and wind damage. Used for wounds and burns & to cleanse injuries; is purported to help slow bleeding when sprayed frequently. Spray it on tight muscles: It as an Antispasmodic for muscular system! Use for a varicose veins in a compress! Dilute in a sitz bath for hemorrhoids, painful periods and postpartum healing. Relieves pollen allergies; effective in reducing itchy & burning eyes when used as a facial spray! Makes a refreshing aftershave! An astringent spritz, use it before applying make-up, to freshen makeup, or as a general body mist! Use as a gentle face wash. Stimulates hair growth, eradicate dandruff, and treat scalp conditions! Spray on a tissue makes a great "wet wipe!" Very calming and can help promote sleep for those with insomnia when sprayed on the pillow and face.</p>	<p>Can be used to cool fevers and ease aches and pains related to colds and flu when taken internally by either spritzing into the mouth or diluting it in drinking water.</p> <p>Also spray diluted on a wash cloth for wiping the body.</p>	<p>Animals: Yarrow Hydrosol is very effective on animals; they are attracted to the aroma! It helps with itching, rashes, cleans and freshens the coat, heals skin conditions, and is emotionally calming, helping your pet relax and sleep better: emotionally calming, helping.</p>	

ORGANIC HYDROSOLS FOR ANIMALS

Chamomile (Canine Calm): Emotionally calming, anti-inflammatory, skincare & wounds.

Comfrey: For sprains, strains and wounds. Heals and disinfects.

Feverfew: Smooths muscle spasms. Reduces pain from arthritis and other inflammation.

Juniper Berry: Treats urinary infections or incontinence. Respiratory health.

Lavender: Cooling, antiseptic, itch-relieving. All purpose... Emotionally soothing, calming.

Lemon Balm: Calms spasms of coughs. Soothes both physically and emotionally.

Ponderosa Pine: For increased energy, pain relief. Deodorizing for pet and bedding.

Rosemary: Stimulating, refreshing, deodorizing, flea repellent. Mentally stimulating. Helps with pain.

Witch Hazel: For smelly paws and itchy skin. Reduces rashes, hot spots, swelling & scaling.

HYDROSOL FOR ANIMALS BY SYMPTOMS:

Digestive: 2xd for 3 wks: Peppermint, oregano, rosemary.

Urinary: Juniper berry, goldenrod in water dish for 3 weeks.

Infection: Savory, oregano, bee balm, comfrey

Bug repellent/Deodorizer: Ponderosa Pine, Douglas Fir, Arizona Cypress. Also rosemary and mint.

Hot Spots: Lavender, Comfrey

Itchiness, ear wax, mites: Witch hazel

Muscular & Nerve pain: St. John's wort, Feverfew

Eyewash: Comfrey or chamomile hydrosol. **Never use essential oils in the eyes, only Hydrosols!