

What Is a Hydrosol?

While most people know that distilled oils consist of the oil soluble constituents which are steamed off during the act of distilling herbs, few realize that another product accompanies the oils – hydrosols. Hydrosols (*water and soluble*) are the constituents within a plant that are soluble in water. These medicinal components may be slightly different than those that distill out in the oils, or may overlap in

elphin herbals hydrosols

Hydrosols are sold in 50 ml tamper-proof amber bottles. All 50 ml bottles are \$10 except for the Melissa (Lemon balm) which is \$12.

We also have 7 ml testers – try different products or use these smaller bottles on your pets! \$2.50 each.

elphin herbals essential oils

We had only a small quantity of these this year, and they sold fast! All we have remaining:

Sage – \$3 for 2 ml
Oil of Eucalyptus (grown right here in Roberts Creek)

About Us

elphin herbals is a micro business based on sustainable practices. We produce essential oils and hydrosols from herbs grown on the clean, protected slopes of Elphinstone Mountain. Because the plant numbers are small, we do not have to bulldoze native plant stands to create our product. We plant in curving rows and clusters, leaving clumps of native plants nearby to support insect and wild life. Plants are mulched with wood chips or straw and receive no further feeding. The herbs are hand harvested at the peak of ripeness, and are then immediately hydro distilled in small batches over low heat to gently draw out the many constituents found within each plant.



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elphin herbals

Gently grown medicinal products

Clary Sage Hydrosol

(*Salvia sclarea*)

Women's choice – Relieves symptoms of PMS – cramping, bloating. Three week protocol of 2 tsp in one litre of water consumed daily will regulate cycle, reduce bleeding. Excellent with sage hydrosol to reduce menopausal symptoms. Use 50/50 or alternate daily for hot flashes.

Birth Compress — Apply as hot compress to belly and back for pain relief. Add to mother's drinking water and bath. Some antispasmodic and anti-inflammatory actions both internally and externally. Clary sage is euphoriant and antidepressant. Can calm symptoms of withdrawal or headache. Good toner for oily skin.

Avoid – do not take if hypertensive.

Eucalyptus Hydrosol

(*Eucalyptus dalympleana/viminalis*)

Use at onset of colds by gargling, or drinking 1 tsp in a small amount of water every 2 hours. Drink 2 tsp per litre all day to shorten established colds. Add to humidifier for colds or allergy. Useful when you are going to be exposed to ill people. Mild diuretic.

Avoid – in children under four years of age.

Lemon Balm Hydrosol

(*Melissa officinalis*)

Antiviral and antibacterial. Can protect from flu. Use 2 tsp per litre of water and drink all day. Can be sedating – excellent for stress or jitters and good for ADHD. Good with peppermint to assist with morning sickness in pregnancy and assists with water retention. Reduces the cramping of colitis and Crohn's but can loosen bowels.

Compress – Used for cradle cap, diaper rash, herpes, acne and other skin problems – apply 6 – 10 times a day, taking ½ tsp internally each time.

Warning – This product can reduce blood pressure. Avoid this if you have a pre-existing problem with low blood pressure.

Oregano Hydrosol

(*Origanum vulgare*)

Gargle or swish 1 tsp two or three times a day for gum infections, mouth sores or sore throat from virus or bacterial exposure, or if you are about to be exposed to flu and cold germs.

Dilute 2 tsp in one litre of water and drink all day to eradicate chronic gum infection. Take with rich foods to ease digestion. Bolsters the system in allergy season.

Culinary – can be used to impart oregano flavour to pasta and other dishes.

Oregano Oil — Uses

An extremely effective antiviral and antibacterial. If exposed to infection, dilute 1 – 2 drops as below, warm in the cup of your hands by rubbing your palms together, and then cup your palms around your nose. Inhale the warm fumes deeply. Drop diluted oil onto hanky and hold over face (but not touching) in contaminated settings. Massage dilute oil onto base of feet or back to avoid or shorten infection. Can be added to atomizer, or suspend yourself over a bowl of hot water with oil added, and place a towel over your head to contain the warmed fumes.

Culinary – a drop or two in any favorite pasta or chicken dish will add full flavour!

Warning - this product has not yet been diluted. Blend several drops in a tablespoon and rebottle each time you need a small

amount.

Avoid direct contact with skin and especially face and eyes at all costs!

Avoid — during pregnancy and while nursing.

Peppermint Hydrosol

(*Mentha piperita*)

Very useful for colic, bloating, reflux, Crohn's, colitis and irritable bowel syndrome. Drink a tablespoon in a cup of water several times a day for relief. For morning sickness or other nausea, dilute 50/50 with water and take small sips. Use 1 tsp in a cup of water for a pick-me-up or spritz onto face to increase concentration or to soothe hot flashes.

Compress – Useful for acne sores, bites, stings, allergic reactions or genital irritations. Add to hot or cold compress for joint pain.

Avoid – Using on children under three.

Sage Hydrosol

(*Salvia officinalis*)

Internal — Dilute 2 tsp into a litre of water and drink all day. Useful for a detox or fast. Can suppress appetite. Is a stimulating pick me up. Try as a three week protocol. Will also regulate hormone balance (excellent for menopause), reduce cramps, PMS and bloating.

Sage is antibacterial and antiviral, and a lymphatic stimulant. Take for swollen glands in neck that precede cold or infection.

External — As a spritz or in the bath for antioxidant and antiwrinkle treatment and before exposure to elements. Spritz onto lower abdomen to reduce cramping. Use as