

WOLDS WAY

..... LAVENDER

Lavender Floral Water (hydrolat)

Lavender Floral Water (hydrolat) from Wolds Way Lavender.

The Floral Water (hydrolat) is from the Lavender Distillation process. It is the recovered steam from the steam distillation of the lavender flower heads and upper stems. It is the by-product of the distillation process to produce essential oils. True hydrolats contain micronized droplets of essential oils suspended in the water and are very different from Lavender Water which is water that has had essential oil and a dispersant added.

This causes some confusion as 'floral waters' may conjure up in the mind something which smells sweet or floral and this is not always the case. Indeed many true hydrolats do not smell like the plant they originally came from or the essential oil which may arise from the distillation of such a plant. Their smell can be pungent and earthy, but not unpleasant. Some hydrolats are completely devoid of smell due to the minuscule proportions of aromatic compounds present and others smell quite musty. The lack of aroma, however, in either the plant or the hydrolat does not detract from the very useful therapeutic properties. As Hydrolats are mainly water they are gentle and safe to use, they are easily applied, absorbed and ingested. They can be used on babies and old alike.

Lavender floral water has been used over the centuries for various purposes. Lavender Floral water is an excellent tonic on the skin when you have blemishes, uneven skin tone or mild acne. The anti-bacterial properties help to kill bacteria in the skin and the toning natural goes deep down into the pores without clogging. Lavender Floral water is suitable for skin of all ages and the traditional use of Lavender at night makes it perfect for bedtime use, apply on the skin and let it work its magic overnight. Use Lavender Floral water on mild cuts and burns (including Sun burn) to help provide soothing relief. It can also be used on insect bites, where the antibacterial properties help to kill any bacteria, whilst the natural property of Lavender helps to reduce the itch. The Lavender Floral water can be used as a light scalp tonic to help soothe irritated scalps.