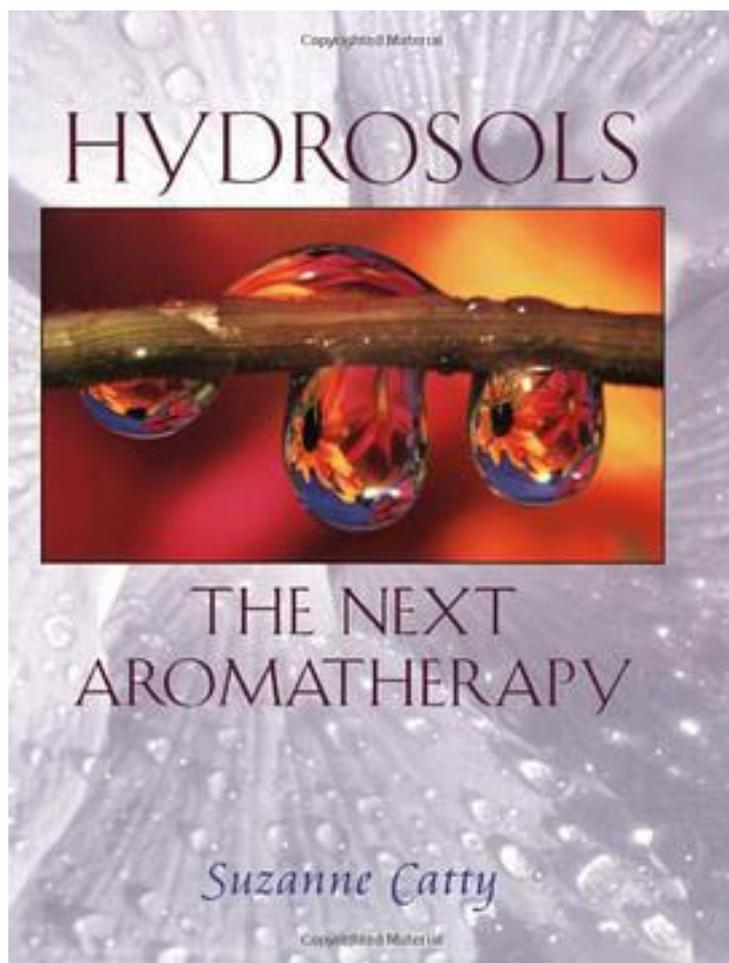


Hydrosols



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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 homoeopathic 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 odour issues. She, also, shows how hydrosols can be used with other forms of vibrational medicine and with feng shui geomancy and dowsing.

作者介绍:

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