



In Essence

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Using the synergy
of oils, essences
and hydrolats

In celebration
of the rose

Aromatherapy
and colour

Making a plan
for your business



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Essences, Essential Oils and Hydrolats: A Healing Triad

Introduction

The notion of combining vibrational essences, essential oils and hydrolats (also known as floral waters or hydrosols) – i.e. combining oil and water - would appear to be counter-intuitive, but I have found that healing in a holistic way often appears to fly in the face of (scientific) logic....until the science catches up with ancient wisdom!



Aromatherapy Oil Burner
Photo: Microsoft

Essences, essential oils and hydrolats carry the physical, emotional and spiritual imprints of the plants from which they were distilled; it would therefore seem logical to use them in tandem to provide the *complete* healing signal of the plant,

crystal, animal, etc. These three different substances, once combined, form a powerful healing triad, which help re-connect the body-mind and restore balance.

A look at the components of this healing triad – separately and together – will show that not only oil and water DO mix, but can engender some amazing results.

Hydrolats

Hydrolats have been described as “the next aromatherapy”; however, they should be considered the “first aromatherapy”, given the fact that the ancient Egyptians documented the manufacture and use of distillations made from flowers. Despite their ancient use, hydrolats are not as well known as essential oils or vibrational essences.

What Exactly *is* a Hydrolat?

Hydrolats are the hydrophilic (water soluble) components of plant materials, which are created during the process of essential oil distillation. Considered the by-product of

essential oil production, hydrolats often went to waste, until their therapeutic value was (re-

)discovered. It could be said that hydrolats are the aromatherapy equivalent of homeopathic remedies, containing tiny amounts of lipophilic (oil soluble) essential oils left from the distillation process.

Every litre of hydrolat contains between 0.05 – 0.2 ml of dissolved essential oil, depending on the water solubility of the plant's components and the distillation parameters (*Catty, 2001, p. 12*). Essential oils are suspended in the purified water, i.e. they are neither visible on the surface nor do they separate themselves from the water.

The advantage of using hydrolats is the low concentrations of volatile oils, making them ideal for children, the elderly or those whose immune systems are weak. Hydrolats can be used internally as well (as opposed to essential oils, which are dispensed and used internally in France solely under a doctor's supervision and forbidden to be dispensed orally in the UK). Hydrolats can also be mixed with other



Pear Essence
Photo: Spirit in Nature
Essences

substances easily (*Price & Price, 2004, p. 150*).

It is this particular mix of water and tiny amounts of essential oil which I believe make hydrolats a bridge between pure essential oils (impacting largely the physical level) and essences (which work principally on the emotions and at the spiritual level).

Essences



Rosana Souto
Photo: Flower Essence
Society.org

Vibrational essences, whether they are derived from flowers, plants, animals, crystals or the environment, are the energetic signatures of the source material. Essences could be considered an “electrical model for wellness” when we are out of sorts. (*Green Hope Farm*

Essences, 2004, p. 32).
Essence Practitioner and
producer Rosana Souto,

who works with children living in poverty in Campinas, Brazil, looks at essences in terms of music; her young clients are “out of tune” with themselves and she uses essences to help them find their “true note” once more. Souto deems

essences a healing structure which literally brings “attunement” by helping her clients “hear” the tone which resonates and complete their souls (*Souto Sobral Vieira, 2004, p. 64*).

An Indian mystic called “The Mother” states in *Flowers and Their Messages* describes essences as being able to capture the pure, divine spirit of plants (as well as gems, animals, the environment, etc.) and capable of speaking to our own spirits (*The Mother, 1999, pp vi-vii*).

Next, we’ll turn our attention to essential oils, which contain the densest components of plant energy.

Essential Oils

Essential oils, used in aromatherapy (and the food and perfume industries, only 5% of oil production in the world is used by aromatherapists) can be described as “complex mixtures of individual chemical constituents, the prices nature and proportions of which determine its therapeutic and fragrant properties” (*Battaglia, 1997, p 24*). In other words, essential oils are the physical result of light, water and air when processed by a plant.

It could be argued that essential oils capture and concentrate the heaviest vibrations of the plant and,

while they work at the physical end of the healing spectrum, oils can also be used in minute quantities (i.e. a few drops) to powerfully impact our emotions.

Essential oils directly impact the limbic system (the “reptilian brain”, which is the seat of our survival instincts) via our sense of smell, which is why memory is clearly evoked by scents and smells. When we used our noses to find mates, avoid danger and learn what was good to eat, this is the part of the brain that would remember these things and respond with the appropriate behaviour. Think of what the smell of fresh coffee from the local cafe or the smell of your favourite flower evokes for you; a specific physical or emotional response to the smells is *immediate*. Although modern humans’ sense of smell is not nearly as acute or so heavily depended upon, even seemingly negligible amounts of essential oils have the power to impact our moods and sense of wellbeing.

This capacity of essential oils to alter mood and behaviour is used in industry in the form of “industrial



Photo: Nuchylee
freedigitalphotos.net

fragrancing,” i.e. minute amounts of essential oils pumped through ventilation systems; in Japan lemon is dispersed this way in factories for staff alertness and accuracy, while Lavender is used in hospital wards to speed recovery, reduce pain and improve sleep.

The Healing Triad at Work

Having examined the three aspects of this healing triad separately, now we will look at examples of how they can be combined with one another for significant impact on client health and wellbeing. The ways that oils, essences and hydrolats can be used are numerous; however, I will use the examples of massage blends and sprays I have used in my own practice.

Massage Blends

I often combine essential oils and essences when indicated for a client; I started doing this quite accidentally – I listened to intuition and included a couple of drops of Pear essence (from the Spirit in Nature range) into a blend for a client with chronic back and hip pain due to a spinal misalignment. I had already been creating massage blends at low concentrations (1%), so I was already working at a more energetic level (the client was also very stressed with the care of an elderly parent). I had no sooner poured a small amount of the Pear-

enhanced massage blend on the client's lower back that two things occurred: 1) I felt muscles release with a "pop" like a snapping rubber band; and 2) the client jumped, startled, and asked what I had done – her lower back suddenly felt relaxed. I had done nothing – yet – but it seemed the Pear essence I had added to the blend started working even before I did! As one of the properties of Pear is analogous to Rescue Remedy, I wasn't particularly surprised that this client reacted so strongly to it, as she was particularly stressed when I saw her.

Sprays



Aura-Soma Air Conditioners
Photo: 11essence.co.uk

In an entirely different context I combined essential oils, hydrolats and essences to help reduce stress and

staff conflict at a day centre for special needs adults.

Energetically the venue was a mess – staff sniping at one another, management in disarray and the

clients reacting to the tension and disharmony (thus engendering even more upset).

One staff member asked me to make up a room spray for her to use in her office to clear negative energy; I made up a blend of various clearing essential oils, including Juniper and Lemon, along with geranium and neroli hydrolats¹ (to calm and balance the atmosphere). Then a colleague in the office next door began to nick the spray to use in *her* office. Over the next several months, up to a half dozen people asked for spray bottles and I created blends that could be used to clear common areas in the day centre. The blends would change, according to the person using it and as the energy of the centre changed; during those months, bad staff resigned or were let go, the place was calmer and the clients less challenging. Whereas before the sprays were used the energy in the building felt debilitating, oppressive and overwhelmingly negative, the space was now much more pleasant and light. Although the negativity wasn't entirely gone, it certainly was more bearable and everyone benefited from the change!

¹ Hydrosols can be obtained from Penny Price Aromatherapy and Materia Aromatica in the UK

Some years ago, I created various room sprays (combining hydrolats and essential oils) to sell at a health fair hosted by the charity I work for; my blend for stress (geranium and rose essential oils, along with their corresponding hydrolats and my own Pink Oleander essence) were by far the biggest hit, although the other sprays flew out of my hands as well!

Friends often ask me to make room sprays (and other items) for their friends for Christmas gifts; based on the information provided for me, I will intuit the oils, essences and hydrolats needed for the person in question – and the recipients always feed back that the spray (shower gel, hand cream, etc.) was just what they needed!

These are just a few examples of how the components of the healing triad can be used – separately or together – to impact client moods and quality of life. I believe a strong synergy is created when the separated components of water, oil and energy are re-combined and made whole once more. In my healing triad, oil and water (plus intention) DO mix!

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