

Cucumber Hydrosol

Just In time for the hot summer months comes this cool, new hydrosol. Produced from fresh cucumbers, organically grown, this hydrosol is distilled ultra-slow to capture all the delicate properties of the fruit. We use nearly five pounds of cucumber to make each pound of hydrosol.

Smell and Taste: green, fresh, cucumbery.. no other way to describe this either aromatically or taste-wise.

Therapeutics: Topically it cools and tones the skin, firming delicate tissue on the face, neck and décolletée. Use it in a compress to combat fine lines and diminish redness or mist throughout the day to keep skin cool, matte and fresh.

Use alone or in combination with cornflower hydrosol as an eye compress to reduce redness, puffiness and reduce wrinkles in delicate skin around the eyes.

Internally add a 1-2 teaspoons to a glass of water for a refreshing beverage, dilution just expands its field. Cucumber makes a great aperitif before meals as it reduces appetite and improves digestion. On it's own in water this hydrosol will flush and clean the renal system and reduce fluid retention, mixed with a pinch of sea salt and a teaspoon of honey you'll have an electrolyte beverage that will fully hydrate the body.

Energetics: Cucumber promotes movement of fluids. Energetically water (fluid) represents the emotions and cucumber hydrosol allows the emotions (and tears) to flow. It washes away negative and harmful energies, clearing emotional 'retention' that is bogging down our systems both physical and emotional. Apply topically or consume in water to release energetic congestion and resolve past hurts.