

Vetiver Hydrosol (Vetiveria zizanoides)

At long last we have a source of the root and can produce our own luxurious hydrosol from this exotic aromatic wonder.

Smell and Taste: earthy, smoky, woody, slightly green in odour, a very complex aroma that lasts surprisingly long. Taste is sweet at first followed by bitter, smoky bass notes. There is a hint of floral that expands on dilution in water as the bitterness recedes.

Therapeutics: Vetiver is the oil of Tranquility and the hydrosol supplies the same peaceful, grounding effect. Use for depression, asthenia, irritation and mood swings by misting on the face or sipping in water. The oil has a history of use as an immune stimulant and we are conducting experiments on the hydrosols activity for supporting the immune and endocrine systems.

Topically it is cooling to the skin, reducing inflammation, redness and itching. It seems to draw moisture to the skin making it suitable for mature skin or in dry climates and for heated winter homes. Combine with frankincense for more profound anti-wrinkle effects or with turmeric for conditions like eczema.

Vetiver is a digestive stimulant, increasing release of amylase and pancreatic enzymes, cleansing the liver and reducing bloat and gas. Add to water and consume before or after a meal.

Energetics: The grounding nature of this root hydrosol makes it invaluable in helping you to “be here now”. Use before energetic work to keep present, or afterwards to bring you back from the ethers.

Vetiver gives one a sense of calm allowing emotional processing without fear. The cooling nature dispels heat from anger bringing a cool, clear eye to bear on emotional issues clouded by resentment or hurt.

A great aid to meditation, it supports focus and intention, clarifying our goals and allowing us to proceed with a sense of ‘knowing’.