



L'eau de Lavande

What is Lavender Hydrosol?

Lavender hydrosol is a water-based distillate produced during the steam distillation of lavender flowers. It contains the water-soluble components of lavender, making it a milder alternative to lavender essential oil. The process results in a liquid that has a gentle aroma and various beneficial properties.

Uses of Lavender Hydrosol

Skin and Body Care

- **Facial Toner:** Acts as a natural toner, refreshing the skin after cleansing.
- **Soothing Spray:** Provides relief for rashes, sunburn, and skin irritations.
- **After-Shave:** Reduces redness and irritation post-shaving.

Household Applications

- **Air Freshener:** Can be used to freshen rooms, linens, and even cars.
- **Natural Cleaner:** Serves as a gentle disinfectant for surfaces and glass.

Other Uses

- **Insect Repellent:** Effective against common pests like aphids.
- **Laundry Aid:** Can be added to laundry as a natural fabric softener.

Benefits of Lavender Hydrosol

- **Mild and Safe:** Suitable for direct application on the skin without irritation.
- **Natural Ingredients:** Typically made from pure lavender and water, with some products containing natural preservatives.
- **Versatile:** Can be used in various ways, from skincare to cleaning and even in culinary applications.