



Great Basin Lavender Association
PO Box 153
Yerington NV 89447
Greatbasinlavender.com
greatbasinlavender@gmail.com



Great Basin Lavender Fact Sheet #2

What is lavender hydrosol:

Lavender hydrosol is a natural derivative of lavender essential oil distillation. It is composed of water, water-soluble elements of the plant, and trace elements of essential oil. Sometimes referred to as “floral water”, hydrosol is a gentle, diluted solution that maintains the same therapeutic properties of the plant.

Some uses of lavender hydrosol:

- **Lavender Skin Toner:** Lavender hydrosol mist as a lovely, soothing facial toner. It's all natural, gentle, hydrating, and soothing for irritated or dry skin. It's also great to cool you off on a hot day!
- **Add a Lavender Essence to Food:** Unlike lavender essential oils, which are too potent to consume, lavender hydrosol is gentle and packs just enough lavender flavor in every spritz. Try adding some to sparkling water, over fresh citrus and fruits, or on the rim of your cocktail or mocktail. For more lavender sweetness, try adding lavender-infused honey!
- **Anti-insect spray:** You can spritz lavender on your counters, linens, car seats, clothes, or just about anywhere to fight off mosquitos, houseflies, and ants. Lavender spray acts as an insect repellent that relieves itching after a bite.
- **Cleaning Spray:** Lavender hydrosol can be used as a gentle countertop cleaner. Hydrosol is also a streak free cleaner for windows, mirrors and stainless-steel appliances.
- **Iron your clothes:** Add lavender hydrosol to your iron or place in a mist bottle and spray directly on clothes before ironing.
- **Soothe a Sunburn:** Lavender hydrosol is anti-inflammatory and is an excellent choice for soothing a sunburn or windburn.
- **Plant Spray:** Just as it repels bugs on your clothing and counters, it will keep them away from your plants too! Aphids, in particular, hate the stuff! It's completely organic, natural, and smells great!
- **Pillow Mist:** Need help nodding off? Spritz it on your pillow! It's an aromatherapy “hack” that requires little effort to help you relax and catch some sleep.

GBLA MISSION & HISTORY

The Great Basin Lavender Association (GBLA) began in 2023. While in its infancy, it strives to build region-wide membership and provide educational resources and activities that nurture an environment conducive to effective and efficient production of lavender.