

How to make LEMON BALM HYDROSOL

1. Gather Your Supplies



You will need:

- Aromatic herb like lemon balm, lavender, or roses
- Large stock pot with lid
- 2 cup glass measuring cup
- Stainless steel steamer
- 2 or more bags of ice (sometimes I've used up to 4)
- Plastic bags
- Water



2. This is a 12 quart stock pot. You'll want to use the largest stock pot you have.



3. Usually stainless steel steamers like this are used to steam veggies. BUT for making a hydrosol, you want to turn it upside down! Put in the bottom of your pot.





4. If you're lucky, your glass measuring up with fit into the three peg legs on the steamer. It's worth finding a glass measuring cup that fits so it's all snug. I'm using a Pyrex two cup glass measuring cup here.



5. Add your plant material around the steamer. It's ok if it comes up a bit around the glass measuring cup.



6. Add your water just to the top of the steamer.



6. Put your lid on upside down!
This helps the steam roll down to the center of the lid and drips it into your glass measuring cup.
What ends up in your measuring cup is hydrosol.

I turn the burner up on high until it boils. Once it comes to a boil, I turn it down to medium. You do not have to wait for it to boil before proceeding to the next step. Just be sure that when the water does boil, you turn the heat down.

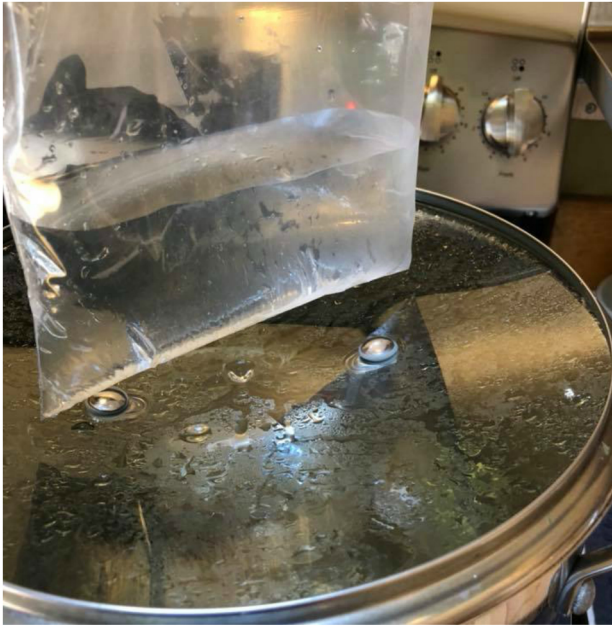


7. While I'm waiting for the water to come to a boil, I take my ice and place it in plastic bags. I know plastic bags are not ideal! You can skip the plastic bag and put the ice directly onto the upside down lid. BUT it will be messy and a hassle. You really don't want to lift the lid and pour off the water because you'll lose your steam. You can save your plastic bags and reuse them every time you make hydrosol.

Then I put them in the freezer until I need them. I ended up using the whole bag of ice to make 5 smaller bags and then I still made three more bags after that to finish the hydrosol. You'll want to buy 1-2 bags of ice before you begin. Trust me, you may think your ice maker will keep up, but it will not. If I rely on my ice maker, I run out of ice before I'm done.



8. Place bag of ice on top of lid. You do not have to wait for the water to boil. The ice helps to create condensation of the hydrosol.



9. Remove bag of water and replace with bag of ice. Repeat as often as necessary.



Here you can see the condensation.



Open carefully so as to not get a face full of steam.



10. CAREFULLY remove your glass measuring cup from the stock pot. Don't let it spill on you because you'll get burned.

Use oven mitts as it will be HOT! I forgot what I was doing while taking these photos and did touch the measuring cup with my bare hand. It hurts! So please use CAUTION when doing this.

If you look really close you'll see an oil slick. This is the essential oil.

11. Pour your hydrosol into a jar.



12. Return your glass measuring cup to on top of the steamer in your stock pot. You can add more water or plant material if needed. No need to take out the plant material already in the stock pot. Just put the new plant material right on top. Keep repeating the steps above until you get your desired amount of hydrosol.

13. Once your jars are filled:

- cap them
- write what it is on the lid and add the date.
- store them in your fridge.



They should keep for up to 6 months from what I've read. BUT always visually check it and give it a sniff test. IF there's anything growing in there, if it's cloudy, or if it smells bad, DON'T USE IT.

Making hydrosol this way is for **personal use**, not to make hydrosol's for sale. For that you need a copper still to create hydrosol properly.