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The Essential Oil Maker's Handbook



Synopsis

Extracting, Distilling, and Enjoying Plant Essences & Hydrosols: With their pleasing scents and uses in natural remedies, essential oils are more in demand now than ever. Unfortunately, modern production methods and unscrupulous labeling practices make it extremely difficult for consumers to know whether an oil is genuine or artificial, and increasingly the only way to be certain that your essential oils are free from chemical additives is to make them yourself. Producing your own essential oils and hydrosols in small quantities is easier than you might think, especially with the guidance of Austrian master distillers Helge Schmickl and Bettina Malle. Translated from its original German, *The Essential Oil Maker's Handbook* has been revised and updated to include information on hydrosols, the aromatic water once considered a mere by-product but now recognized as a valuable substance in itself. Learn how to make your own shower gels and creams using essential oils that you created yourself out of materials from your garden and pantry, without chemical additives. The authors provide guidance, based on data from their own experiences, on the harvesting, processing, and use of 130 indigenous and exotic plants as well as the necessary equipment for oil extraction. This guide covers in detail: Effective procedures Necessary equipment Suitable plants Practical uses for your oils Tips and tricks Including about 40 base recipes for personal care products - from bathing additives to facial and body care to perfume - this book provides a solid foundation for both beginners and professionals. This detailed and authoritative reference is indispensable in appreciating the production and wide range of applications of essential oils.

Book Information

Hardcover: 156 pages

Publisher: Spikehorn Press (September 1, 2015)

Language: English

ISBN-10: 1943015007

ISBN-13: 978-1943015009

Product Dimensions: 0.8 x 7 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #79,526 in Books (See Top 100 in Books) #38 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs](#) #57 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments](#) #73 in [Books > Health, Fitness & Dieting >](#)

Customer Reviews

This book contains so much information! I didn't expect producing essential oils and hydrosols via steam distillation is so easy. The best of all, you don't need much. Between 10 and 20 ounces of plant material is enough for 2 to 20 milliliters of essential oil and 500 milliliters of hydrosol, depending on the used plant species. The authors describe in detail all issues to maximize oil yield and to receive the most intense hydrosol, whether it is still shape, amount of water, distillation process, plant preparation, harvest time, etc. Finally I've found a sensible application of unused or surplus material from my herb bed which I composted all the years before. It's even possible to use dried plant materials. Assembling your own still with equipment found in every kitchen is simple, no need to weld or solder. Nearly every imaginable essential-oil-plant is accurately described: which part to use, when to harvest, specific preparation, oil yield, and other special characteristics. The last part of the book contains step-by-step instructions for all kind of essential oil and hydrosol applications. An outstanding handbook for everyone who intends to produce his own essential oils and hydrosols.

5-star purchase experience. For those wanting to learn the art of essential oil home production this book is easy to follow. The authors do a great job of stripping the mystique away from the essential oils craft, uses, equipment and materials. WELL DONE!

There are 2 books by Bettina Malle and Hedge Schmickl. It is worth having both. The other is *Crafting Distilled Spirits*. Both books are released as high quality hardbound books. The photos and illustrations are excellent. Both books are very practical. If you are going to only buy one book, then this book on the Essential Oils goes more deeply into which types of stills work, and which ones are not as effective. The book on crafting spirits gets into how to prepare the mashes. Please keep in mind that the USA has very tight regulations on alcohol production .. you must pay taxes if you produce large quantities. But there are no problems with distilling essential oils. These authors are very experienced, and they know what they are doing. Highly recommended!

Love this book! I especially enjoyed the way it was written - in a casual but yet very descriptive tone. I like that. They give detailed info on the various ways to create Essential Oils and Hydrosols. And the how to and when info is just as great.

This book was a gift for my son who is also interested in aquaponics. He was delighted with the book and was amazed at how much information he was able to glean from it

Easy to understand, very practical information on small-scale production of essential oils & hydrosols. Nearly all useful plants are included.

Great book, explains in lay manâ™s terms homemade and small industrial scale distillation techniques of various essential oils.

This book has everything you need to know about making your own essential oils. I would highly suggest this easy to follow book to anyone wanting to get into making these oil.

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