

## HYDROSOLS

In 2010 I began distilling my own quality essential oils and hydrosols. I use local, organic, pesticide-free plant materials such as roots, bark, flowers, leaves, stems and citrus rinds. The process is steam distillation, which results in tiny amounts of essential oil and hydrosol. Both substances contain pure essence of the plant and healing properties therein.

I use the hydrosols as an air purifier to my treatment room before and after treatments. It raises the oxygen level in the room as well as breaks down harmful airborne bacterial, virus and mold. I sanitize my sauna with it and clean my house with it. I also use it as a toner on my face and skin.

Hydrosols are extremely helpful with lung issues related to low oxygen inhalation, which a lot of lung issues are.

I offer the hydrosols throughout the year via my website for the wholesale price of \$10 per 4 oz. bottle. There are different scents available year-round depending on what is in season.

### Currently available:

Juniper- Grounding/low frequency, anti-viral  
Rosemary- High frequency for mental/emotional clearing  
Grapefruit- Highly cleansing to skin, air and surfaces  
Spearmint- High frequency, balancing, refreshing

**ALL QUANTITIES LIMITED \$10/4 OZ.**

For any requests, inquiries or orders, contact Bella at: [BellaBHBH@aol.com](mailto:BellaBHBH@aol.com)

