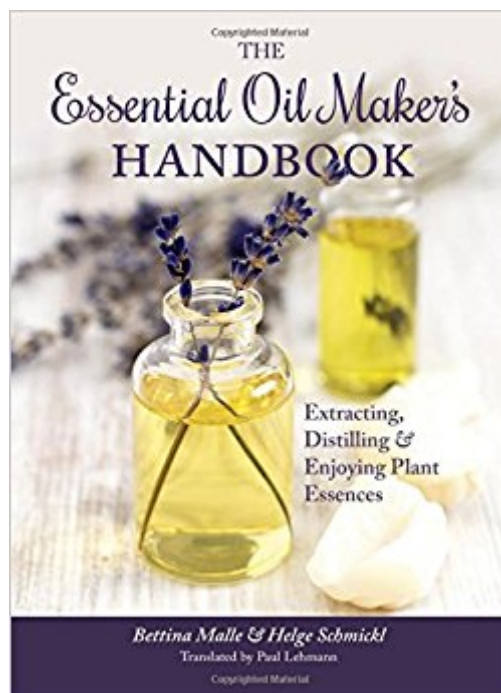


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# The Essential Oil Maker's Handbook



## 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

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## Customer Reviews

Historical Overview Basics WHAT ARE ESSENTIAL OILS AND HYDROSOLS? Essential oils, Hydrosols, Extracts, Aqueous extracts, Alcoholic or oily extracts USES Aroma baths, Flavoring, Skin care, Fragrant oil burners, Hair care, Internal uses, Body and massage oils, Liqueurs, Perfumes EXTRACTION METHODS Steam distillation, Fractional distillation, Co-distillation, Cold pressing, Solvent extraction, Enfleurage, Maceration/Infusion, Resinoid process, Carbon dioxide extraction CHECKING THE QUALITY Making Your Own Oil, Step by Step STEAM DISTILLATION The principle, Stills, Building your own still, Tea kettle, Pressure cooker, Wok still, Classic still with a lyne arm, Classic still with a vertical condenser, Glass still, Buying a still, Small stills, Large stills Preparing the plants Harvest: Roses and jasmine, Lavender, Herbs, Citrus fruits, Seeds, Branches Cutting up the plants: Citrus fruits, Spice seeds, Dried herbs, Fresh herbs, Juniper berries, Bark, Petals, Conifers The distillation process Filling Distilling Double distillation: First distillation, Second distillation SEPARATING THE HYDROSOL AND THE OILS Syringe: Oils lighter than water, Oils heavier than water Pipette Separatory funnel: Oils lighter than water, Oils heavier than water Automatic oil separator Florentine flask or essencier Cleanliness CALCULATING THE YIELD COLD PRESSING MACERATION ENFLEURAGE STORING OILS Excessively high and low temperatures Distillable Materials TYPES OF PLANTS, SPECIFIC INSTRUCTIONS FOR DISTILLATION Allspice / pimento, Angelica, Anise, star anise, Balm, lemon balm, bee balm, Balsam poplar, Basil, Bay laurel, Bay rum tree / West Indian bay tree, Benzoin, Bergamot, Birch Bitter orange / neroli, Bitter orange / petitgrain, Broom, Cajuput, Camphor, Caraway, Cumin, Cardamom, Cedar, Celery, Chamomile, Cilantro, Cinnamon, Citronella, Clary sage, Clementine, Clove, Cotton lavender, Cypress, Damiana, Davana, Dill, Elecampane, Eucalyptus, Fennel, Fir, Douglas, Frankincense, Garlic, Geranium, storksbill, pelargonium, Ginger, Grapefruit, Ground ivy, Hemp, Hogweed, Hops, Hyssop, Iris, Jasmine, Juniper, Larch, Lavender and lavandin, Lemon, Lemon verbena, Lemongrass, Lime, Lovage, Marigold, Marjoram, Mint: spearmint, pennyroyal, field mint, peppermint, Mountain pine, Mugwort, Myrrh, Myrtle, Narcissus, Nutmeg, Oakmoss, Orange, Oregano, Palmarosa, Palo santo, Parsley, Patchouli, Pepper, Peppermint, Queen Anne's Lace (Wild Carrot), Ramson, Rockrose, Rose, Rosemary, Rosewood, Rue, Sage, Sandalwood, amyris, Savory, Scotch pine, Spike lavender, Spikenard, Spruce, Norway spruce, St. John's wort, Strawflower, immortelle, everlasting, Swiss pine, Tangerine, Tansy, Tarragon, Tea tree, Thuja, Thyme, wild thyme / creeping thyme, Tuberose, night hyacinth, Turmeric, Valerian, Alpine valerian,

spikenard, Vetiver, Violet, Wattle, mimosa, Wormwood, mugwort, Yarrow, Yellow jade orchid blossoms, champaca, Joy, Ylang-ylang / cananga

**OVERVIEW: PLANTS AND THEIR EFFECTS**

**Using Your Oils**

**BASE SUBSTANCES AND MATERIALS**

Neutral carrier oils: Almond oil, Avocado oil, Corn oil, Jojoba oil, Macadamia oil, Olive oil, Sesame oil, Soy oil, Sunflower oil, Walnut oil

Additives: Alcohol, Beeswax, Hydrosol, Lanolin (wool fat), Soap flakes, Soft soap

**Shaking the hydrosol**

**Equipment**

**SAFETY PRECAUTIONS**

**BATH ADDITIVES**

Full bath additive, Bath salts, Shower gel, Footbath additive

**FACIAL AND BODY CARE**

Milky cleanser, Cleansing oil, Makeup remover, Exfoliant (face scrub), Face packs, Facial cleanser, Facial cream, Night cream, Massage oil, Facial oil, Sunscreen oil, Deodorant, Mouthwash

**SHAVING**

Shaving soap, Aftershave

**HAIR CARE**

Shampoo, Hair tonic (conditioner)

**SOAP**

**PERFUMES**

Absinthe flavor (Swiss style I), Absinthe flavor (Swiss style II), Anise I, Anise II, Caraway, Caraway, Breslau style, Caraway, Danzig style, Carmelite style, Cherry, Jenever style, Krambambula, Lemon, Peppermint

**Cr  mes:** Anise, Anisette, Bitter liqueur, Caraway liqueur (Magdeburg style), Danziger Goldwasser style, Eisenbahn (railroad) liqueur, Peppermint liqueur I, Peppermint liqueur II, Raspberry, Rose

**liqueur**

**MISCELLANEOUS**

Black tea, Sauna infusions, Fragrant oil burners, Potpourri, Air freshener sprays, Gauze pads, Inhalant, Ironing water, Laundry

**Frequently Asked Questions**

**Harvest Calendar**

Bettina Malle and Helge Schmickl graduated from the Vienna University of Technology in 1991 with masters of science in chemical engineering and received doctorates in technical sciences in 1993. They have published books and conduct workshops on the production of vinegar, distilled spirits, and essential oils, emphasizing the use of fruits and herbs right from the garden. Bettina and Helge have been married since 2002. That same year they moved to Klagenfurt, Carinthia (Austria), where they host their seminars and conduct research and developments in fermenting and distilling. They have two children.

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.

probably one of the better books out there for making essential oil. the measurement conversions from metric to US are generally just straight conversions instead of trying to adjust overall to US std. sizes/volumes. One of my favorite books. also highly recommend the other books from the authors.

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.

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!

This book is FANTASTIC and you should buy it if your interested in the hobby BEFORE you purchase anything else. This book will become a valuable resource to you. I do wish there was more information on resin oil solvent extraction ie Myrrh (Maybe in a future edition??? :) )but this book keeps you busy and gives a great history and very detailed how too's. Thank you to the authors!

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

still reading but well worth the price,

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