

The Essential Oil Maker's Handbook

By Bettina Malle, Helge Schmickl

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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.

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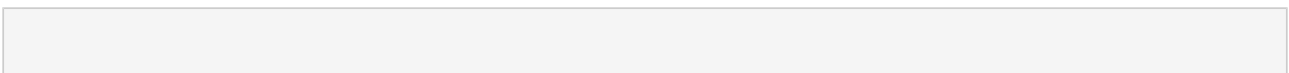
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Editorial Review

From the Inside Flap

1. Historical Overview

2. 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

3. 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 OIL

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

4. 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

5. 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

- PERFUME

- LIQUEURS

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, Krumbambula, Lemon, Peppermint

Crèmes: 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

6. Frequently Asked Questions

7. Harvest Calendar

About the Author

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.

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From reader reviews:

Heather Jones:

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Rigoberto Hamilton:

In this 21st one hundred year, people become competitive in each and every way. By being competitive at this point, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Sure, by reading a publication your ability to survive increases then having a chance to stay than other is high. In your case who want to start reading some sort of book, we give you this specific The Essential Oil Maker's Handbook book as a starter and daily reading guide. Why, because this book is usually more than just a book.

Carla Heyward:

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Walter Blankenship:

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