



Harvest to Hydrosol Distill Your Own Exquisite Hydrosols at Home

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The ACT of distillation is an art in itself; it is so much more than the preparation of a simple recipe. In the words of the author, "the book you have in your hands is a road map..." You will learn how to navigate the distillation journey with the aid of this "road map" - including: Easy to follow with over 150 of photos, tables, and diagrams Proven practices of distilling plants using copper alembic stills Understand the senses - how the role of smell, sight, taste, hearing, and touch contributes to a successful distillation Understand the plants - including taxonomy, how and when you can distill each plant, and the author's recommendations based on experience Unique insight - understand the life and soul of water used in the distillation process Packed with a wealth of research and personal expertise, Harvest to Hydrosol leads you on a practical and mystical journey of a plant's transformation into a hydrosol. Ann Harman uses her years of experience as an artisan distiller, farmer, and botanist, to guide you in how to easily and expertly distill your own hydrosols.

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