

Practical Potions

An Aromatic E Course

Unit 3I

Distillation

The Wizardry of Creating the Elixirs



Transformational Step

Distillation- The Wizardry of Creating the Elixirs

A Very Alchemical Experience.

How are essential oils made in the field?



How can you make floral waters at home?

Today your work is mostly to view and let your imagination flow. Read through how distillation occurs and watch Elaine and Paula's slide show on making essential oils. It is surprising how much plant material is necessary and how much hard work is involved!

Watch Robert show you how to use a small in-house distillation unit in your microwave. He does not have enough raw material to make essential oil. He will however, make a really lovely hydrosol.

Exercise

Can you think of any oil or hydrosol you might be able to distill? How would you get a distillation unit to suit your needs?



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