

Body Beautiful Unit 2
Unit 2-E Hydrosols and Floral Waters for
the Skin



Hydrosols and Floral Waters for Skin (2E)

Transformations:

- 1) To try a variety of hydrosols for your skin.
- 2) To try them as: toners, washes and refreshers.
- 3) To try hydrosols on children.
- 4) To then create a habit or ritual of using hydrosols in place of harsh skin cleaners or toners.

What is a hydrosol?

What are 3 benefits of hydrosols?

What are 3 potential problems with hydrosols?

Which hydrosol is suggested as good for your skin type?



How does your skin respond to it the first day?

How does your skin respond in one week?



What do you think about this hydrosol after having used it for 2 weeks?

Are you interested in trying other hydrosols?

Which hydrosols would you like to use permanently?



When and how will you use them?