

# The Kitchen Pharmacy

## Grassroots Medicine



ANNIE PRINCE™  
AROMATHERAPY

Clinical Aromatherapist and Educator  
BA. Postgrad Cert Ed. Dip Aroma. Cert.  
Relaxation Massage

### Hydrosols and the Alchemy of Distillation



### Contents / What you will learn:

- The place of Hydrosols in Aromatherapy
- What are they ?
- How are they produced ?
- How do we use them / store them ?
- In depth look at the attributes of 14 common Hydrosols
- Comprehensive notes/references
- Sample to take home

*Alchemy has been described as  
"...a seemingly magical process  
of transformation, creation or  
combination"*

Oxford Dictionary

*"Hydrosols ,or plant distillates,  
are the exciting new branch  
of Aromatherapy for the 21st century"*

Jeanne Rose

13, Bush Road, Oratia, Auckland, New Zealand  
Tel: 0064 9 8141 896 Mob: 021 500 986  
email: annieprince@xtra.co.nz  
website: annieprincearomatherapy.co.nz  
facebook.com/annieprincearomatherapy



## ANNIE PRINCE™ AROMATHERAPY

Clinical Aromatherapist and Educator  
BA. Postgrad Cert Ed. Dip Aroma. Cert.  
Relaxation Massage

---

### Practical

- A steam / hydro distillation demonstration of a seasonal plant from my garden, using a 2.5L still, perfect for home use
- Cleaning and maintenance of the alembic

### Who would benefit from this course?

- Anyone with a love of nature and an interest in the medicinal, cosmetic and nutritional value of plants
- Those with a particular interest in distilling for Hydrosols
- No previous experience is necessary

### Duration / Cost

- 9:30am to 1pm
- Beverages / Gluten-free morning tea provided
- \$95.00

### Booking

- Places limited to 6 participants
- Payment required at time of booking. Thank you
- Time and date by arrangement
- All materials provided
- Due to limited places a cancellation fee of 25% applies

### Venue

- At my home / clinic in the Waitakere Ranges; a peaceful and beautiful environment
- 13 Bush Road, Oratia, Auckland