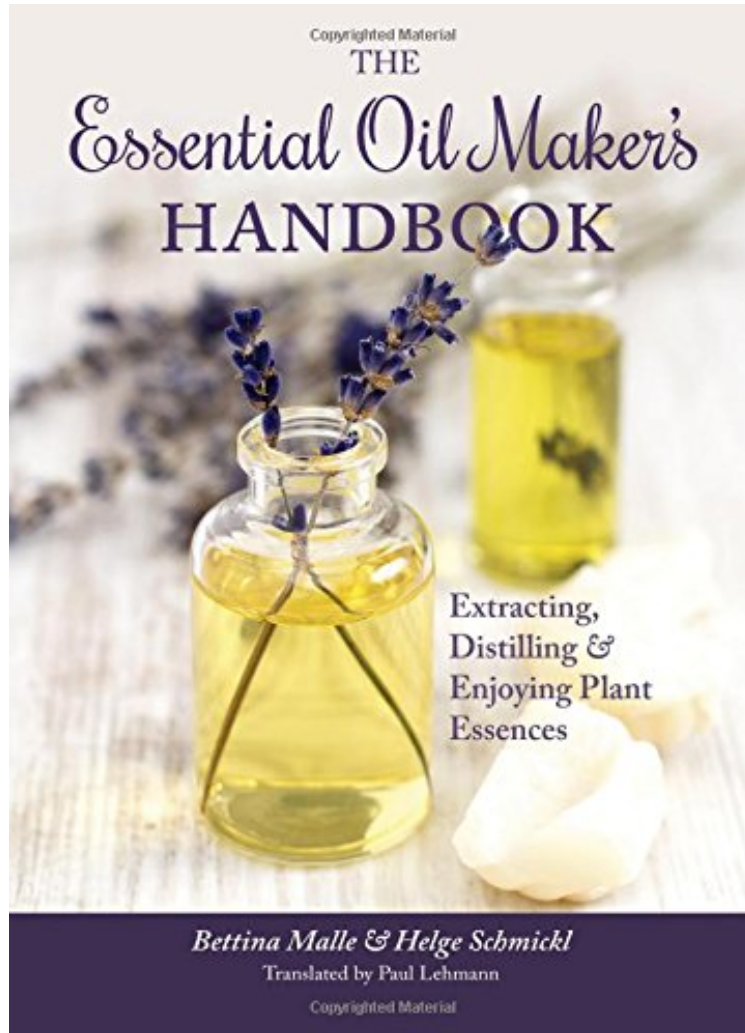


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## The Essential Oil Maker's Handbook

*Bettina Malle, Helge Schmickl*  
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**Bettina Malle, Helge Schmickl : The Essential Oil Maker's Handbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Oil Maker's Handbook:

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.