



Colour Energy Floral Waters

1696 West 75th Avenue, Vancouver, BC, V6P 6G2, Canada • Telephone: 604.687.3757 • Fax: 604.687.3758 • Toll Free: 1.800.225.1226 • www.colourenergy.com

WHAT ARE FLORAL WATERS?

During the different seasons floral waters are perfect to use as a rejuvenating body mist and to help boost your energy levels when your vitality is waning. Orange Blossom is a must-have during the winter months to recharge your spirits from the lack of sunshine. Or if you are holidaying somewhere hot... signs of heatstroke or sunburn, are soothed by lavender water, which is both comforting as well as healing. Make sure you use Peppermint floral water to refresh those aching tootsies when you are standing on your feet all day. The uses of floral waters are endless!

Floral waters, also known as hydrosols or hydrolats, are the by-product of the steam distillation process that produces essential oils. Floral waters possess certain qualities of the essential oil, as well as the water-soluble components of the plant.

Use in your Daily Skin Care Regimen

In addition to being natural, Colour Energy floral waters are gentler than most skin toners and therefore make an excellent addition to any skin care regimen. During hot summer days or when travelling, floral waters are excellent as a facial spray to cool, revitalize and hydrate the skin. Used as astringents, toners and healing sprays, floral waters are popular in esthetics and spa treatments. Rose water is the most popular as a daily face toner and is also a common additive in lotions and creams due to its scent, as well as its anti-aging and healing benefits. Combine it with Colour Energy's Dead Sea Salts for a great anti-aging face & body scrub.

Floral waters can be used in place of regular water to create natural fragrances, lotions, creams, facial toners and other skin care products. They can also be added to the bath, and used on their own as a light cologne or body spray. Try adding a floral water to finger bowls for elegant, romantic dinners.

In skin care, Rose, Orange Blossom (Neroli) and Lavender floral waters are great for hydrating dry skin and cooling hot or sensitive skin. Use some floral water in the final rinse after shampooing to help condition and add shine to your hair.

We know of no better remedy for puffy, dark circles under the eyes than Chamomile floral water. Just soak two cotton pads with the floral water and cover each eye for 10 minutes for an immediate and dramatic reduction in puffiness. Regular use can help diminish those dreaded dark circles too.

Floral Waters & Children

Floral waters are quite safe to use on young children. A few squirts of your favourite floral water on a tissue makes a great natural wet-wipe for all sorts of applications including babies and grubby children. To calm a restless baby try adding a few tablespoons of Lavender or Chamomile water into their bath

water. This can be especially beneficial if your baby is suffering from nappy rash or eczema, because the soothing properties of these floral waters help calm the irritation and speed up the healing process.

Uses of Colour Energy Floral Waters

Colour Energy floral waters can be used daily and directly on the skin. In cases of inflammation and infections floral waters can be substituted for essential oils in most circumstances. They are also wonderful to use in a bath, on a cold or hot compress or as a room or body spray. While travelling use lavender, chamomile or ravensara to sanitize your hands, toilet seats, tables, utensils, etc.

Floral waters are naturally very mild, so they are safe to use on children, the elderly and those with chronic afflictions. Similar to essential oils, floral waters may be blended to create synergies or added to blends containing essential oils. Not only do they heighten the effect of the blend, but they add subtle components of the plant to create a more complete synergy.

Floral waters such as Rose or Orange Blossom can be added to the final rinse water in your washing cycle as well as used as a fragrant linen spray whilst ironing since they smell much nicer than their synthetic counterparts. Around the house, floral waters are great to freshen the air instead of chemical aerosols, which of course are harmful to the environment.

Properties of Colour Energy Floral Waters

SANDALWOOD

Body: Sandalwood balances both dry and oily skin, is useful in treating acne, and useful in soothing barber's rash (great aftershave for both men & women). Use as a toner or as a compress for skin disorders, rosacea, eczema, psoriasis, and for delicate skin. When applied on skin, its antiseptic qualities protect wounds, sores, boils, ulcers, pimples etc. from infections. Sandalwood water is particularly beneficial to reduce inflammation. Ideal for smoothing wrinkles and nurturing mature and chapped skin. Spray all over your body as an aphrodisiac.

Mind: Emotionally, it relaxes stress, soothes irritation and helps lift depression. It is a wonderfully balancing hydrolate.

Spirit: Sandalwood water is a rich, sweet scent that is an aid to meditation and spiritual growth. In Tibet Sandalwood water is used to revive people from high states of consciousness. Sprayed in the corners of rooms it is said to protect and banish spirits or use to cleanse crystals.

Usages: This exotic, alluring and deeply mesmerizing floral water makes a nice cologne, body perfume or mist for setting makeup. It can be sprayed on bed linens, clothing or into the air as an invigorating freshener. Mix with Rose water as a love potion.

ORANGE BLOSSOM (also called Neroli)

Body: Orange Blossom will bring a soothing, joyous and uplifting note to your beauty ritual. Its natural hydrating and regenerating properties make it perfect for refreshing and reviving all skin types, especially tired skin. Soothing and healing for acne, eczema and broken capillaries. Relieves puffiness and swelling and cools

itchy or sensitized skin. Valuable in skin care for scars and stretch marks as it promotes the growth of healthy new cells.

Mind: Said to help people suffering from Seasonal Affective Disorder (SAD) and to relieve depression, stress or emotional upsets, including in children and animals.

Spirit: Orange Blossom contains regenerative properties and helps reshape the aura after illness or accidents.

Usages: Recommended for baby care as an after bath spray to nurture and protect baby's delicate skin and gently prepare her/him for a restful nap or a deep night's sleep.

LEMONGRASS

Body: Lemongrass floral water is antiseptic and astringent oil. Its natural anti-oxidant properties work on shrinking enlarged pores. Lemongrass is refreshing, cleansing and stimulating tonic on the body and its tissues. Treats problems with the digestive system, usually in children and is also useful for relieving muscle spasms.

Mind: A mentally & emotionally uplifting fragrance that pleases the senses. It furthermore has a positive effect on nervous conditions and provides a gentle boost when exhausted.

Spirit: Lemongrass floral water helps to release feelings of resentment. It clears the mind so it can see options, which allows the negative thoughts to be set free so that optimism prevails.

Usages: Added to shampoos aids in adding a shine to the hair. Its also holds antioxidant, deodorant and fungicidal benefits.

Add 2-4 tablespoons to Colour Energy's natural liquid deodorant.

SPEARMINT

Body: Spearmint hydrosol is very soothing, anti-inflammatory and an anti-depressant. Relieves spasms. Its gentle properties are great for indigestion, gas and colic, vomiting and nausea, as well as hiccups, fever and upper respiratory tract infections, especially in children.

Mind: The fresh and herbaceous aroma is uplifting, and has a stimulating action on the mind.

Spirit: The energies from the spearmint leaf open and release emotional blocks in the etheric level, bringing balance to the body.

Usages: It is wonderfully cooling for those hot summer days. It is also tremendous at deodorizing cat odours.

RAVENSARA

Body: Ravensara has a reputation as a universal healing oil to be used for a broad spectrum of conditions. However, it is best known as an immune enhancer. It is extremely helpful for sinus infections and flu and flu-like virus infections, especially if used at the first sign. It has been effectively used to help treat bronchitis, cholera, hepatitis, herpes, mononucleosis and other similar infections.

Mind: The sweet aroma is calming to the psyche.

Spirit: Ravensara helps resolve heart issues and nurture positive feelings of hope and happiness.

Usages: Strongly anti-infectious, antibacterial, antiseptic. Use in a steam inhalation or aromatherapy ultrasonic style diffuser. Ravensara's very gentle action as an immune support make it one of the safest anti-infectious floral waters to use with children!

ROMAN CHAMOMILE

Body: Use for its powerful anti-inflammatory properties, as a compress for migraines or as a toner for oily or acne prone skin. Suitable for sensitive, inflamed, itchy or dry flaky skin. Chamomile water prevents against moisture loss, relieves the irritation and calms after sunburn. Skin problems consisting of the mucus membranes, including mouth, gums, nose, lips, eyelids, ears, respiratory tract and anal and genital areas may safely be treated with this gentle and relaxing anti-inflammatory. Relieves hemorrhoids.

Mind: Best known for its ability to calm and ease the overly anxious. This floral water is an excellent stress buster.

Spirit: This is an excellent spray to create a peaceful mind so that

one can hear their inner knowledge.

Usages: Chamomile water is recommended for compresses to relieve red, tired or puffy eyes and for freshening the complexion or for rinsing of fair hair. Use as a make-up remover. Its remarkable sedative properties make it a wonderful addition as a baby's room spritzer or add to a baby's bathwater. Use for calming diaper rash as a natural baby wipe.

MYRTLE

Body: Myrtle flower water is useful for breathing problems, such as the common cold or a stuffy nose. It has been conventionally used to treat coughs, bronchitis and other respiratory infections and is mild enough for children. Egyptians used the plant to treat nervous afflictions. The astringent properties of Myrtle have also earned the reputation for promoting good digestion, treating urinary tract disorders, and preventing wound infections. Myrtle is also a mild sedative and is thought to be helpful for people who are trying to break an addictive habit, such as smoking.

Mind: Soothes irritations, relieves fatigue, restores and revives.

Spirit: Myrtle helps balance our male and female energies by releasing anger and inner conflict. It will help those who feel suppressed or confused by life as well.

Usages: Myrtle is used to preserve one's youthful appearance and overall vigor. A beneficial spray for sore throats and coughs. Quickly heals conjunctivitis (pinkeye). Also nice for diaper maintenance!

LAVENDER

Body: Lavender floral water is gentle and balances pH, which makes it ideal as a toner for every skin type on a regular basis, including acne.

Mind: Mentally and emotionally, Lavender water is relaxing and revitalizing. It can ease anger, frustration and stress.

Spirit: Influences greater intuition and clarity. It helps relieve pain and fears of the mind as Lavender is a relaxing and balancing on multi-dimensions. Helpful with breaking bad habits.

Usages: We call this one a heat buster for both hot sunny days and for relieving menopause symptoms (we call it the hot flash buster!). This floral water is soothing for sunburns, itchy skin and sunstroke. It is a gentle antiseptic and helps to calm insect bites as well as being suitable for all skin types and skin problems such as eczema, razor burn, cuts, fungal infections and athlete's feet. Known to reduce hyperactivity in children. It's also nice for calming babies and for diaper maintenance. Use as compress on skin conditions, on the forehead for headaches and stress.

ROSE

Body: Rose water has been praised and used for its many extraordinary beauty qualities. The precious water will yield wonders with any type of skin: ageing, dull, mature, normal, dry and sensitive. Rose water is a great cellular rejuvenator.

Mind: It is revitalizing, harmonizing, toning and relaxing at the same time. Rose water eases nervousness, anxiety and mental strain.

Spirit: Rose nurtures the heart chakra so we can be open to love in all types of relationships, including with ourself, our partner, our work and the divine. Helps heal intimacy issues.

Usages: Known for its anti-aging effects, Rose water is revitalizing, regenerative, hydrating, nourishing and can be used as an anti-inflammatory. Add several drops of Rose water to your skin care products. Use as a gargle for a sore or swollen throat. Good for hot flashes, PMS, mood swings, menopausal symptoms. Rose water also makes a nice light body fragrance, a spray for bedclothes or handkerchiefs or addition to your bath water. ☘

For more information on Colour Energy line of natural therapeutic products contact your local retail outlet or practitioner.