



Animal Aromatics Herbal Factsheet 4

Offering Hydrolats

Hydrolats are the product of herb distillation. They contain the volatile water soluble components and small amounts of fat-soluble essential oils from the botanicals, and are therefore milder and often easier to use than essential oils.

Hydrolats can be offered to animals by simply spraying a little of the liquid onto a clean hand, and then offered for self-selection. If selected, the hydrolat may be simple inhaled or licked off your hand. Several hydrolats can be offered in one session, and the favourites can be used in many ways:

- Spraying onto a clean cloth and added to a herb mat, snuffle mat, or placed in a room for selection to continue. This is useful during times of potential stress including when fireworks are expected.
- Your animal may indicate that they would like the hydrolat to be applied to a specific part of their body by showing that area. Its fine to apply it to the area needed.
- A few sprays can be added to a separate water bowl, making sure clean plain water is available at all times.
- Hydrolats can be added to clays including green clay or dead sea mineral mud making a poultice or help prevent swelling in the legs.
- Hydrolats can be offered as part of a self-selection session along with herbs and essential oils.



Sprayed onto the hand, Chamomile hydrolat is a favourite with donkeys



Spraying hydrolats onto a snuffle mat can add lasting interest.

Make observations and allow time to relax after the session.



Lip curling aka the flehmen response locks the aroma onto the vomeronasal organ.

Allow time to relax and process after the session

