

ROSMARIN

Rosemary



GROWING & HARVESTING INFORMATION

The young outer shoots are best suited for harvesting. These were cut off and later we carefully separated the leaves from the branch.



DISTRIBUTION

Rosemary, also known as *Rosmarinus officinalis*, is a typical plant of the Mediterranean region. It is a shrub that grows to a height of 0.5 to 2 meters and grows wild mainly in coastal regions, from Portugal to the Ionian Sea.

Rosemary is cultivated worldwide as an ornamental and culinary herb.

Rosemary is an undemanding plant and prefers sunny, dry and calcareous locations.

KEY CHARACTERISTICS

It is a popular spice for meat, fish, poultry and potato dishes. In naturopathy, it is used internally as a remedy for digestive problems and cramps and in baths and ointments to promote blood circulation. Rosemary is no less popular in the manufacture of perfumes and liqueurs.

SOAP



Ingredients and Material

1 kg of oil (olive oil is the best choice)

300 g of distilled water

128 g of sodium hydroxide

some drops of essential oil

gloves and goggles, thermometer, heating plate, beaker, blender

PREPARATION STEPS

- weigh the sodium hydroxide in a little pot
- weigh the water in another pot
- then put the sodium hydroxide in the distilled water (Attention!!! It gets hot)
- while you're waiting for the temperature to lower, you can proceed heating the oil up to 35-40 °C
- when both phases are approximately at the same temperature you need to pour the aqueous solution into the oil mixing with the con the blender until you reach the right density





HERBAL PEELING SOAP



INGREDIENTS

- 600 g olive oil
- 400 g coconut oil
- 300 g rapeseed oil
- 150 g sunflower oil
- 100 g castor oil
- 500 g wild herbs tea
- one teaspoon of dried herbs
- 35 g essential oil

PREPARATION STEPS

- pour the castor oil over the chopped herbs and let it steep for at least one hour, preferably overnight
- prepare the lye from the cold herbal tea and NaOH and let it cool
- melt the hard fats. Then add the olive sunflower, and rapeseed oils to the melted fat mixture, which should be between 35° and 40° Celsius
- carefully pour in the lye while stirring slowly
- thicken using an immersion blender and a mixing spoon. Then add the herbal castor oil mixture
- if using essential oils (20 g lavender essential oil, 10 g lemon essential oil, 5 g cedarwood oil) add them now as well
- pour into the prepared pan, cover with plastic wrap and insulate
- after 24 hours, or as soon as the soap mixture has cooled, move it from the mold and cut it. and let it mature and dry for 4 to 6 weeks



OIL



INGREDIENT LIST

leaves from plants such rosemary
water



PREPARATION STEPS

Extraction is a separation technique for heterogeneous and homogeneous mixtures; it consists of separating one or two chemicals from a material, by using a suitable solvent. You can perform an extraction on any kind of material (solid, liquid or gaseous)

The key point is choosing the appropriate solvent, which needs to be able to effectively and selectively dissolve what we want to extract. Therefore, the substances will move from the starting material to the solvent. Moreover, the solvent needs to be easy to eventually remove, in order to get the purified product.

Steam distillation is the most commonly used technique for the extraction of scented essence from plant material; the solvent is water, which is a non-toxic substance. Essential oils aren't soluble in water, but the hot water steam, moving throughout the material, is able to extract essences without altering or spoiling their properties. The products are the essential oil and the scented water (or hydrolat). Steam distillation allows operation at a relatively low temperature, which is useful in order not to harm thermolabile substances.

