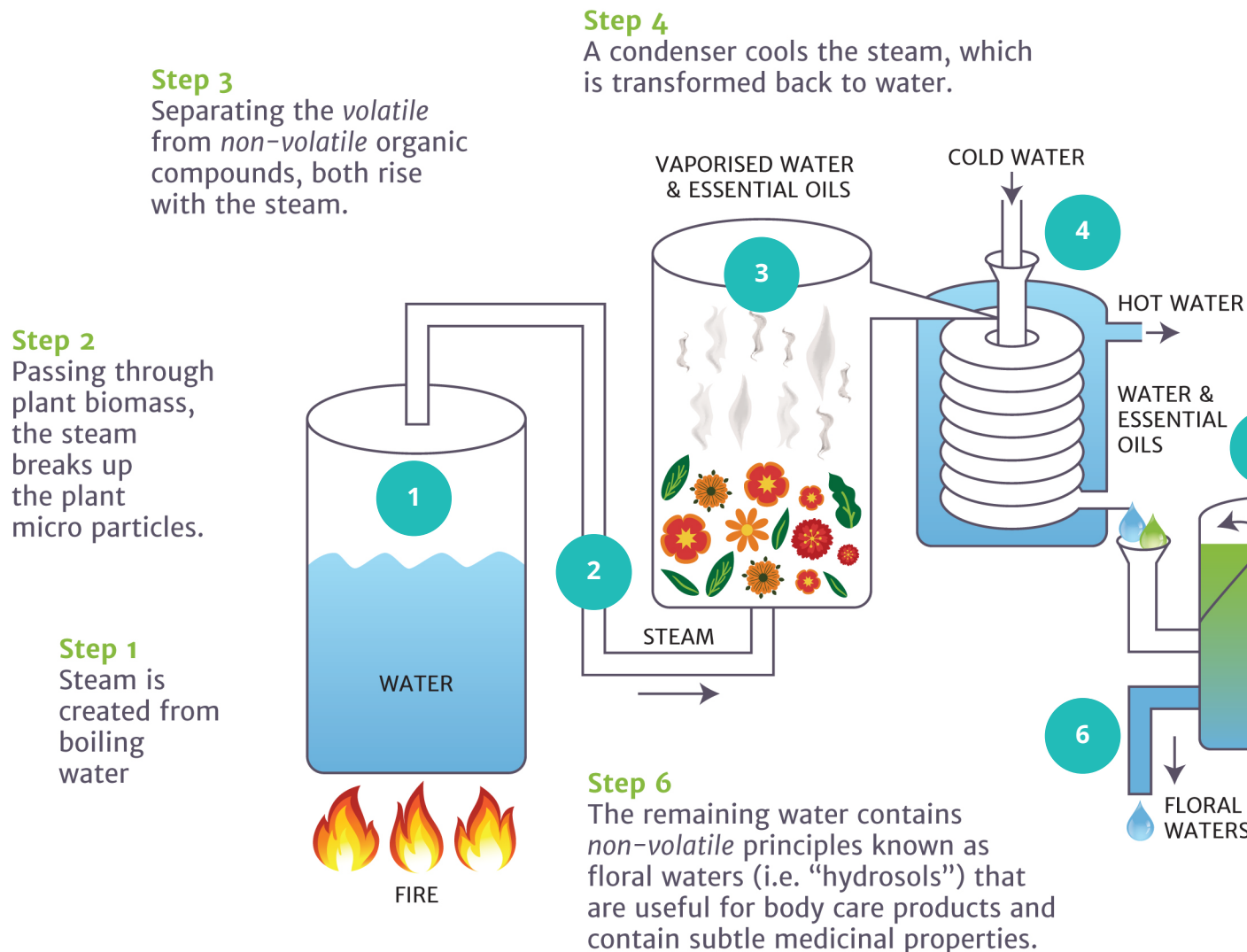


How Essential Oils are Steam Distilled



Essential Oil Defined – Also known as volatile oils because they evaporate readily, essential oils are the lipophilic (“fat loving”), hydrophobic (“water hating”) *volatile organic compounds* that are found in aromatic plants. They are generally insoluble in water, soluble in alcohol and fixed oils, and can dissolve fatty materials such as grease.



Note: not all essential oils are steam distilled. Citrus peels are generally expressed (“cold-pressed”) and CO₂ is a popular alternative to solvent extraction.