

蒸留水

水蒸気蒸留法によって精油を抽出する過程で得られる「蒸留水」には、微量ながらも「精油や油分や油溶性成分」と「水溶性の抽出物」の両方が含まれています。

- 精油や油分や油溶性成分の含有:** 精油や油分や油溶性成分は水と分離しますが、ごく一部は水に溶解します。この溶解した精油や油分や油溶性成分の濃度は非常に低く、まさに ppb (10 億分の 1) レベルで存在すると考えられます。
- エキスの含有:** 水蒸気が植物を通過する際に、精油や油分や油溶性成分だけでなく、水に溶解しやすい水溶性成分 (フラボノイド、タンニンなど) も一緒に抽出されます。これらの成分は「エキス」の一部であり、蒸留水中にごく微量ながらも含まれています。

したがって、蒸留水は、ごく微量 ppb レベルではありますが、精油や油分や油溶性成分と水溶性成分のエキス成分の両方を含んだ液体であると言えます。

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Distilled Water

The "distilled water" obtained during the essential oil extraction process via steam distillation contains trace amounts of both **oils and fat-soluble components** and **water-soluble extracts**.

- Presence of Oils and Fat-Soluble Components:** While oils and fat-soluble components generally separate from water, a small fraction does dissolve. The concentration of these dissolved oils and fat-soluble components is extremely low, existing at the ppb (parts per billion) level.
- Presence of Extracts:** As steam passes through the plant material, it extracts not only oils and fat-soluble components but also water-soluble substances (such as flavonoids and tannins). These components are part of the "extracts" and are present in very small amounts in the distilled water.

Therefore, distilled water can be described as a liquid that, while only containing trace ppb-level amounts, includes both essential oils, other oil and fat-soluble components, and water-soluble extracts.