

# Rose

## *Rosa damascena*

**Therapeutic Properties:** *Antidepressant, antiphlogistic, antiseptic, antispasmodic, anti-tubercular agent, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicatrizing, depurative, emmenagogue, hemostatic, hepatic, laxative, regulator of appetite, sedative (nervous), stomachic, tonic (heart, liver, stomach, uterus)*

Since we are dealing with the essence of Rose damascene, we do not consider it medicinally; although it can certainly palliate many ills, it is above all a balm to the soul. In this sense, it affords each one of us what we hope to derive from it.

In order to express its nature and fully reap its benefits, Rose must be used sparingly and gently. Handling essence of Rose without caution makes it transmute and renders its perfume bitter, whereas the care we can, and must, bring to it enhances its delicacy even further, and personalizes it according to whoever uses it.

Rose brings harmony between the spirit and the mental, emotional, and physical. Essential Oil of Rose is a miracle of nature; it is truly exceptional. Rose expands our awareness and leads to faith. And above all, it leads to respect; respect for the feminine principle and respect for woman in all she symbolizes by way of virtue, beauty, purity, tenderness, and sacrifice as well as fragility. She shows us that beauty, true beauty, can be contemplated, inhaled, but never profaned.

Rose has also been used as a companion for the dying since it reduces fear and provides wisdom for people who journey to the other side. Rose's comfort suggests that everything is as it should be; small earthly events serve something higher.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Palpitations, poor circulation.

**Digestive System:** Cholecystitis, liver congestion, nausea.

**Genito-Urinary System:** Irregular menstruation, leucorrhea, menorrhagia, uterine disorders.

**Nervous System:** Depression, impotence, insomnia, frigidity, headache, nervous tension and stress-related complaints.

**Respiratory System:** Asthma, coughs, hay fever.

**Skin Care:** Broken capillaries, conjunctivitis (rose water), dry skin, eczema, herpes, mature and sensitive skin, wrinkles.

## suggested usage (10 years & up)

### BATH:

- 5 drops Rose in ½ cup of Dead Sea Salt in a warm bath will help create harmony and inner peace.

### INHALATION

- Even in highly diluted concentrations, Rose has a very strong, psychological effect; 1 to 2 drops in a diffuser or mister will change a room's whole atmosphere.
- Essential Oil of Rose is a miracle of nature, it is exceptional. Simply smelling it refines our sensitivity, takes us into an unknown world, and seems to dispense the shadows of our worries, anxieties, and sorrows. Place 1-2 drops on a tissue, cotton ball, or the palms of the hands and inhale.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment as desired.

### TOPICAL

- Rose is such a gentle Essential Oil it is often recommended diluted for newborn massage.
- A sort of complicity must be formed between the person and Rose essence; rubbing a drop on the wrist or neck, or simply inhaling it, creates harmony and inner peace.
- For nervous heart complaints, make a chest rub of 1 drop of undiluted Rose oil once a day.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Wildcrafted**

**Producing Organ:** *Flowers*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Bulgaria*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of *Baby Bliss Shampoo & Body Wash*
- 3 to 5 years - 3 drops in ¼ cup *Pink Himalayan Salt*
- 5 to 10 years - 6 drops in ¼ cup *Pink Himalayan Salt or Clay Vitality*
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 5ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.