



Rose

Rosa Damascena

Rose essential oil is a type of essential oil commonly used in aromatherapy. Sourced from the Rosa damascena plant, it contains the flower's aromatic compounds. Because these compounds are thought to possess healing properties, rose essential oil is used for a number of health-related purposes.

Size: 5ml

APPLICATION METHODS: can be used aromatically - can be used topically

Primary Benefits

When applied directly to the skin, skin care products containing rose essential oil are purported to hydrate dry skin, clear acne, reduce signs of aging, minimize the appearance of scars, and help with conditions such as eczema and rosacea.

Directions for Use

Diffusion: Rose essential oil also can be inhaled after sprinkling a drop or two of the oil onto a cloth or tissue, or by using an aromatherapy diffuser or vaporizer.

Topical use: When combined with a carrier oil, rose essential oil can be applied directly to the skin or added to baths in very small amounts.

Cautions:

Essential oils are highly concentrated, so you should use caution when using them. Rose essential oil should not be taken internally.

Aromatic Description

Strongly Floral, sweet.

Collection Method

Steam Distilled, Solvent Extracted or CO2 Extracted.

Plant Part

Flowers/Petals

Main Constituents

Citronellol, Geraniol, Alkenes & alkanes, Nerol, Methyleugenol, Linalool, Citronellyl acetate, Ethanol 2-Phenylethano.

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Uses

Rose essential oil is typically touted as an aromatherapy remedy for the following health concerns: Anxiety, Depression, Headaches, Menopausal symptoms, Menstrual cramps, Migraines. In addition, rose essential oil is said to enhance libido, reduce stress, stimulate circulation, sharpen memory, and boost mood. So far, scientific support for the benefits of rose essential oil is fairly limited but from scientific research we know that Rose essential oil is also known to assist with controlling stress, get better sleep, and even control menstrual cramps and pains.