

Rose Essential Oil Health and Beauty Benefits

Rose essential oil (rose otto, attar of rose, attar of roses or rose essence) is the essential oil extracted from the petals of various types of rose. A rose is either a woody perennial flowering plant of the genus *Rosa*, in the family Rosaceae, or the flower it bears.

There are over three hundred species and tens of thousands of cultivars. Various pharmacological properties have been attributed to rose essential oil. Roses are the most popular and widely used medicinal plants all over the world. In this article we'll take a closer look at the top 13 benefits of rose essential oil for health and beauty.

Rose ottos are extracted through steam distillation, while *rose absolutes* are obtained through solvent extraction, the *absolute* (absolutes are like essential oils) being used more commonly in perfumery and aromatherapy.

The production of rose essential oil originated in Greater Iran. Even with their high price and the advent of organic synthesis (a branch of chemical synthesis concerned with the construction of organic compounds), rose essential oils are still perhaps the most widely used essential oils in perfumery.

"What's in a name? That which we call a rose, by any other name would smell as sweet." –Shakespeare

"The optimist sees the rose and not its thorns; the pessimist stares at the thorns, oblivious to the rose."
–Kahlil Gibran

R. DAMASCENA AND *R. CENTIFOLIA*

Two major species of rose are cultivated to produce [rose essential oil](#):

1. *Rosa damascena* (Damask rose, a hybrid) has [several pharmacological properties](#). Production today is dominated by 3 producers who account for over 70% of the rose essential oil market share:
 - a. Bulgaria, sold as "Bulgarian Rose".
 - b. Turkey, sold as "Turkish Rose".
 - c. Saudi Arabia, sold as "Taif Rose". It is also grown on a smaller scale in Afghanistan, Armenia, Azerbaijan, Bosnia, Croatia, Cyprus, Ethiopia, Georgia, Greece, Jordan, Lebanon, India, Iran, Iraq, Israel, Moldova, North Macedonia, Oman, Serbia, Syria, Tajikistan, Turkmenistan, Pakistan, Romania, Russia, Ukraine, United Arab Emirates and Yemen.
2. *Rosa centifolia* (the cabbage rose, a hybrid) which is more commonly grown in Morocco, Egypt and France.

THE HISTORY OF THE ROSE

Rose was called "the queen of flowers" by the Greek poet Sappho. Rose is derived from the Greek word *rodon*, meaning "red." Compared to other essential oils, there is little history of the use of rose essential oil in ancient herbal practice.

Fossil records suggest the first appearance of roses was 35 million years ago. The plant has been used for centuries to enhance romance due to its sensual aroma. The French or Moroccan rose had a reputation in history for being aphrodisiac.¹

¹ Brooks, Lisa. (2017). *The Herbal Apothecary*. Louis Weber Publications International.

The Romans scattered rose petals during banquets and threw them in the paths of their victors, and wreaths of roses were found at weddings and funerals. Fresh petals were placed in wine and baths.²

PHYTOCHEMISTRY OF *ROSA DAMASCENA*

Compositions of rose essential oil vary. The essential oil of *R. damascena* in Kashan region of Iran has 95 different components. The Rose international Standard Survey of 2003–2020 lists three major components: *β-citronellol* (20–34%, an effective mosquito repellent also found in citronella), *geraniol* (15–22%, commonly used in perfumes and fruit flavorings) and *nonadecane* (8–15%). Key rose components are: *β-damascenone* (0.01–1.85%), *β-damascone* (under 1%), other *damascones* (under 1%), *β-ionone* (under 1%) and rose oxide (under 1%).

Beta-damascenone is considered as the marker for the quality of rose essential oil. Even though this compound makes up less than 1% of rose essential oil, it makes up more than 90% of the oil's odor content due to its low odor detection threshold (the lowest concentration of an odor perceivable by the human sense of smell).

More minor rose components include: *heneicosane*, *eicosane*, *docosane*, *tricosane*, *tetracosane*, *pentacosane*, *hexacosane*, *heptacosane*, *nonacosane*, *dodecane*, *tetradecane*, *pentadecane*, *hexadecane*, *heptadecane*, *octadecane*, *citral* (a strong antimicrobial necessary for vitamin A synthesis also found in lemon myrtle and lemongrass), *carvone* (an effective digestive aid also found in caraway and dill), *citronellyl acetate* (responsible for the pleasant flavor and aroma of roses), *phenyl acetaldehyde* (a sweet-smelling and aromatic compound also found in chocolate), *nerol* (a sweet-smelling aromatic antibiotic compound also found in lemongrass and hops), *linalool*, *phenyl ethyl alcohol*, *farnesol* (a natural pesticide also found in orange blossom, jasmine and ylang-ylang), *α-pinene*, *β-pinene*, *α-terpinene*, *limonene*, *p-cymene*, *camphene*, *β-caryophyllene*, *neral*, *geranyl acetate*, *neryl acetate*, *eugenol* (also the powerhouse behind clove, the richest antioxidant in the world), *methyl eugenol* (a local antiseptic and anesthetic also found in cinnamon and lemon balm), *benzaldehyde*, *benzyl alcohol*, *octane* and *tetradecanol*.

PHYTOCHEMISTRY OF *ROSA CENTIFOLIA*

Rosa centifolia does not have a rose essential oil because of the delicate nature of its petals. The *Rosa centifolia* absolute is composed of more than 50% phenylethyl alcohol and the rest of the composition resembles that of *Rosa damascena*.

PHYTOCHEMISTRY OF BULGARIAN ROSE ESSENTIAL OIL

Bulgarian rose essential oil is light-yellow in color with a tinge of green. It has the same consistency as almond oil, with a strong aroma and sharp balsamic taste. It has a well-balanced combination of liquid and solid components. Bulgarian rose essential oil generally differs from other rose essential oils in the quantitative content of its ingredients. It's made up of about 283 components. These components are divided into two groups.

1. Odor carriers—*eleoptene* represent the liquid part of the oil. Of the many components of *eleoptene* *citronellol*, *geraniol*, *nerol* and *phenylethyl alcohol* contribute to its rosy scent.
2. Odor fixatives—*stearoptene*, odorless and solid at room temperature, they fix the scent and give it longevity.

Bulgarian rose essential oil contains *ethanol* (up to 3%), *linalool* (1–3%), *phenethyl alcohol* (up to 3%), *citronellol* (24–35%), *nerol* (5–12%), *geraniol* (13–22%), *geranyl acetate* (up to 1.5%), *eugenol* (up to

² Lawless, Julia. (1998). *Aromatherapy and the Mind*. Hammersmith, London: Thorsons.

2.5%), *methyl eugenol* (up to 2%) and *farnesol* (at least 1.4%); *hydrocarbons*—C17 *heptadecane* (1–2.5%), C19 saturated hydrocarbon *nonadecane* CH₃ (CH₂)₁₇CH₃ (8–15%), C19 unsaturated hydrocarbon with one or more double carbon bonds *nonadecene* CH₃ (CH₂)₁₆CH = CH₂ 2–5%), C21 *heneicosan* (3–5.5%) and C23 *tricosan* (0.5–1.5%).

Rose Essential Oil Aroma and Characteristics

The aroma of rose essential oil is rich, sweet–floral and earthy. It is pale yellow or olive yellow in color. Unadulterated rose essential oil is very viscous and solidifies when it cools. It can be liquefied by holding the bottle in the warmth of the hand for a few minutes before use.

ROSE ESSENTIAL OIL PRODUCTION

Due to the labor–intensive production process and the low content of oil in the rose blooms, rose essential oil has a high price. The flowers are harvested by hand in the morning before sunrise and the material is distilled the same day.

There are three main methods of extracting the oil from the plant material:

1. Steam distillation, which produces an essential oil called *rose otto* or *attar of roses*.
2. Solvent extraction, which results in an absolute called *rose absolute*.
3. Supercritical carbon dioxide extraction, yielding a “concrete” that may be marketed as a *concrete*, *absolute* or *CO₂ extract*.

STEAM DISTILLATION

This method is considered the most traditional and produces a high–quality oil. In the first part of the two–stage process, large stills—traditionally of copper—are filled with rose petals and water. The still is fired for 60–105 minutes. The vaporized water and rose essential oil exit the still, condense and are then collected in a flask. This distillation yields a very concentrated oil, which makes up about 20% of the final product. The *hydrosol* (colloidal suspensions of essential oils and water) portion of the distillate is known as *rosewater*. This inexpensive byproduct is used widely as a food flavoring as well as in skin care.

In the second part of the process the water that condenses with the oil goes through *cohobation* (the process of repeated distillation, with the liquid separated from the solids left at the bottom of the vessel repeatedly). Cohobation is necessary to obtain water–soluble *phenethyl alcohol*, which is the main component of the aroma makes up the bulk, 80%, of the oil.

The oils from the two parts of the steam distillation process are combined and make the final rose *attar*. Rose *attar* is mobile at room temperature and is clear to light yellow in color. It will form white crystals at room temperature which disappear when the oil is gently warmed. It will tend to become more viscous at lower temperatures due to the crystallization of some of its components.

Due to the heat required for distillation, some of the compounds extracted from the rose denature (the structure present in their native state) break down chemically. As such, rose *attar* does not smell very similar to “fresh” roses. The essence has a very strong odor but is pleasant when diluted and used for perfume.

Attar of roses was once made in India, Persia, Syria, and the Ottoman Empire. The Rose Valley in Bulgaria located just south of the Balkan Mountains, near the town of Kazanlak, is among the major producers of *attar* of roses in the world. In India, Kannauj is an important city of fabrication of rose *attar*, Kannauj is nicknamed “*The Grasse of the East*” or “*The Grasse of the Orient*”. Grasse (in France) is an important city in the fabrication of rose fragrance.

SOLVENT EXTRACTION

In the solvent extraction method, the flowers are agitated in a vat with a solvent such as hexane, which draws out the aroma compounds (fragrance or flavor) as well as other solid substances such as [wax](#) and pigments. This method is more commonly used when working with delicate fragile flower petals that may not withstand the heat of steam distillation. The extract is then vacuum processed to remove the solvent. The remaining waxy mass is known as a *concrete*.

The concrete is then mixed with alcohol that dissolves the aromatic constituents, leaving behind wax and other substances. The alcohol is evaporated with low pressure, leaving behind the finished *absolute*. Rose absolute is a deep reddish brown with no crystals. Due to the low temperatures used in this process, rose absolute is more similar to the scent of fresh roses than rose otto. The absolute may be further processed to remove impurities that may still be present after the solvent extraction.

CARBON DIOXIDE EXTRACTION

The third process, supercritical carbon dioxide (CO₂) extraction, combines the best aspects of the other two methods. Under normal pressure CO₂ changes directly from a solid to a gas without passing through the liquid state in a process known as sublimation. But when CO₂ is put under 73.9 bar (72.9 atm) of pressure and a temperature of 88.0 °F (31.1 °C) it reaches its “critical point” (or the end point of the pressure–temperature curve under which a liquid and its vapor can coexist). At its critical point, CO₂ becomes a supercritical fluid with the properties of both a gas and a liquid that can extract the aromatics from the plant material.

Like solvent extraction, CO₂ extraction takes place at a low temperature, extracts a wide range of compounds rendering an essence more faithful to the original, and leaves the aromatics unaltered by heat. Because CO₂ is gas at normal atmospheric pressure (air pressure), it leaves no trace of itself in the final product. Since the equipment for CO₂ extraction is expensive, the price of the essential oils obtained from the process are also high.

Rose Essential Oil Adulteration

Distilling a small amount of their essential oil requires a large quantity of rose petals. Depending on the extraction method and plant species, the typical yield can be approximately 1:3,000. To mitigate the cost, most manufacturers cut rose essential oil with *citronellol*, *geraniol*, *geranium* or *palmarosa* (*Cymbopogon martinii*, species of lemongrass native to India and Indochina) essential oils.

Some of these "rose essential oils" are up to 90% *geranium* or *palmarosa* and only up to 10% rose. This is referred to as *extending* the rose fragrance. This is sometimes done to compensate for the rose chemotype (distilled Bulgarian rose essential oil is naturally low in *phenylethanol*, and Ukrainian or Russian rose essential oil is naturally high in *phenylethanol*).

THE HEALTH AND BEAUTY BENEFITS OF ROSE ESSENTIAL OIL

One ancient remedy has transcended time in the quest for radiant skin—rose essential oil. It has been treasured, not just for its intoxicating scent but also for its healing properties. Rose essential oil has a rich history, from Persia's royal gardens to the Renaissance apothecaries.

Rose essential oil has been a cornerstone in beauty rituals and traditional medicine. Since its surge in 16th-century Europe, this precious oil established itself as a luxury staple. It is a tried-and-tested ingredient in cosmetics and skincare products. The height of its use happened in the 1800s, when it became a signature ingredient in perfumery. Today, it is used in an estimated [75% of perfumes](#).

SAFE NATURAL PERFUME

The fragrance industry commonly used rose essential oil to create perfumes and to scent a variety of cosmetic products. With its sweet floral yet slightly spicy scent, rose essential oil can be used all by itself as a natural perfume. It only takes a drop or two and you can avoid all the fragrances on the market today that are loaded with [dangerous synthetic scents](#).

ANTI-INFLAMMATORY PROPERTIES

Rose essential oil boasts powerful antiseptic, bactericidal and [anti-inflammatory properties](#), making it an excellent choice for soothing irritated skin. It can relieve common skin conditions such as acne, rosacea, eczema and *allergic dermatitis*. The oil helps to reduce redness and inflammation, promoting a more even and toned complexion.

SKIN NOURISHING

Both rose essential oil and rosewater are excellent emollients (moisturizers). Rosewater has been widely used as a beauty remedy throughout history. It is thought to have been invented by Avicenna, the eminent 10th century Persian philosopher and scientist. Its medicinal value was soon recognized, and it became popular with the Egyptians and Romans. It was a favorite of Queen Cleopatra herself.

BALANCES OIL PRODUCTION

Contrary to popular belief, some essential oils help balance oil production. Rose essential oil is suitable for both oily and dry skin types. It is noncomedogenic and has natural astringent properties that can regulate sebum production and prevent clogged pores and breakouts.

FIGHTS ACNE

Fighting acne is challenging and requires tremendous perseverance. Changing your diet to vegan or vegetarian will remove toxins from the blood. And avoiding sugars (both natural and artificial) will decrease inflammation.

A [2010 study](#) researched the activities of ten essential oils towards *Propionibacterium acnes* (the bacteria responsible for acne). Of the ten oils mint, ginger, lemon, grapefruit, jasmine, lavender, chamomile, thyme, rose and cinnamon, it was thyme, cinnamon, rose, and lavender essential oils exhibited the strongest bactericidal activities at a 0.25 percent dilution after only five minutes.

CELL REGENERATION

Rose essential oil is known to have a regenerative effect on cell tissues, making it especially beneficial for dry, sensitive or aging skin. It can keep skin healthy, lubricated and elastic by stimulating the production of collagen. As the body ages, cell division slows. The outer epidermis of the skin becomes thinner and begins to lose its tone and elasticity.

Rose essential oil can help brighten and tone skin and fade dark spots and hyperpigmentation. The oil can also help to tighten the skin. Historically, rose essential oil was used as a *cicatrisant* (wound-healing) ingredient and as a means of reducing scarring, and many still use it for this purpose today.

A [2023 study](#) discovered that Taif rose essential oil improved UVB-induced oxidative damage and skin photoaging. Antioxidant compounds like *citronellol* and *geraniol* showed an increase in antiaging potency, decreasing the concentration of inflammation and preventing collagen fragmentation.

ANTI-AGING PROPERTIES

One of the [most well-known benefits](#) of rose essential oil is its anti-aging properties. It is packed with antioxidants that combat free radicals, which are known to accelerate the aging process. The oil helps to

protect the skin from environmental damage, reduces the appearance of fine lines and wrinkles, and promotes a youthful complexion. Regular use of rose essential oil can help to improve skin elasticity, firmness and overall vitality.

SUPPORT HAIR HEALTH

Many natural shampoos and hair care products contain rose essential oil as it can be beneficial for supporting healthy hair and scalp. It may help soothe a dry, flaking scalp.

PAIN RELIEF

In a [2015 a randomized clinical trial](#), postoperative children inhaled either almond oil or rose essential oil. The patients that inhaled rose essential oil reported a significant decrease in their pain levels. The possible mechanisms for reducing pain by rose essential oil inhalation are stimulating the olfactory system, increasing parasympathetic activity, releasing neurotransmitters such as enkephalin and endorphin as well as reducing sympathetic activity and the release of cortisol and noradrenalin.

In a [2014 study](#), patients with menstrual pain received abdominal massages to relieve their discomfort. One group was massaged with a carrier oil (almond) only, while the other group was massaged with a mixture of rose essential oil and almond oil. The group massaged with the mixture of rose essential and almond oils reported having less cramping pain following the treatment.

A [randomized clinical control trial in 2016](#) researching the effects of rose essential oil on women with [primary dysmenorrhea](#). Primary dysmenorrhea is a medical condition wherein women experience cramping pain in the lower abdomen occurring just before or during menstruation, in the absence of other diseases being present such as *endometriosis*.

The researchers divided 100 patients into two groups, one group was treated with the nonsteroidal anti-inflammatory drug *diclofenac sodium* and the other group also took the anti-inflammatory in combination with aromatherapy with a 2% rose essential oil diffusion. The results showed that those who inhaled vaporized rose essential oil combined with medication had significantly lower pain than those who used the medication alone.

Rose essential oil may also be supportive following a cesarean section. In a [double-blind randomized clinical trial](#) in 2020, participants inhaled a few drops of either lavender or rose essential oil following a C-section. Aromatherapy with rose essential oil reduced the severity of anxiety and pain to a greater effect than lavender.

UPLIFT MOOD, DECREASE ANXIETY AND STRESS

Rose essential oil has a relaxing effect on people. In one [2009 study](#), researchers studies found that olfactory stimulation by rose essential oil could produce instant changes in physiological parameters including muscle tension, blood pressure (BP), pulse and breathing rates, skin temperature, skin blood flow, electrodermal activity, *cortisol* (a stress hormone) levels, blood oxygen levels, and brain activity. The results showed that inhalation of rose essential oil significantly decreased oxy-hemoglobin concentration and activity in the right prefrontal cortex, and increased feelings of relaxation.

Rose essential oil may ease stress and anxiety during childbirth. It is also thought to help tone the uterus³. Another [2014 study](#) involving over 120 women in the first stage of labor found that participants who received a 10-minute inhalation and foot bath using rose essential oil had significantly reduced anxiety scores. In a [2000 study](#) of 8,058 women in labor, rose essential oil was noted as the most effective oil for calming anxiety.

³ Conrad, Pam (2019). *Women's Health Aromatherapy*. Singing Dragon, London.

Rose essential oil can uplift mood. In a [2012 small pilot study](#) of 28 postpartum women, it was found that aromatherapy massage with 2% diluted solutions of *lavendula angustifolia* (lavender) or rose otto essential oils used twice a week for four weeks, significantly decreased anxiety and depression in women at postpartum high risk. Massage with a dilution of rose essential oil produced significant differences between pre and post-treatment levels of systolic blood pressure.

A [2022 randomized controlled trial](#) evaluated the effects of inhalation of *Rosa damascena* (Damask Rose) on anxiety and sleep quality of 80 operating room personnel. It was found that rose essential oil can be effective in reducing anxiety and improving sleep quality.

ANTIBACTERIAL & ANTIFUNGAL PROPERTIES

In a [2014 article](#) published in the *Global Journal of Pharmacology*, the essential oil distilled from roses was effective against Gram-positive, Gram-negative, acid-fast bacteria and fungi. Gram-negative bacteria are more resistant to antibiotics. While Gram-positive bacteria can be treated with antibiotics, they ultimately become antibiotic resistant.

Rose essential oil was effective against *E. coli*, *Bacillus cereus*, *Pseudomonas aeruginosa*, *P. fluorescens*, *Penicillium notatum* and *Aspergillus niger* as well as some strains of the bacteria that causes staph infections (*Staphylococcus*) and strep throat (*Streptococcus*). Additionally, the study found that rose essential oil was effective against *Candida albicans* (yeast), which can cause fungal infections in the mouth, gut, and vagina.

STIMULATES SEX DRIVE

Two studies have found that inhaling rose essential oil increased sexual desire and sexual satisfaction among men. One [2015 double-blind, randomized, and placebo-controlled clinical trial](#) involving 60 male participants with a major depressive disorder who were taking conventional antidepressants known as serotonin-reuptake inhibitors (SSRIs), known to negatively impact libido and another [double-blind, randomized and placebo-controlled clinical trial](#) the same year involving female participants with the same disorder and who were also taking antidepressants. Rose essential oil increased the release of dopamine and norepinephrine in the substantia nigra and inhibited the synthesis of nitric oxide. Inhalation of rose essential oil showed protective effects against damages caused by exposure to formaldehyde in male reproductive system.

Scent can increase attraction for others. When a scent passes through the olfactory canals it influences the limbic system. At the center of the limbic system is the *hypothalamus*, which drives sexual desire. One [2014 study](#) showed that participants who smelled rose essential oil rated faces as more attractive.

EASES SYMPTOMS OF DEPRESSION

A [2021 study](#) found that rose essential oils have been used to ease depression as rose oxide stimulates the release of the neurotransmitter *dopamine* (the “pleasure” hormone), creating the serotonergic pathway that relieves symptoms of depression.

A [2012 pilot study](#) was published in the journal *Complementary Therapies in Clinical Practice*. A group of 28 postpartum women being treated for depression were split into two groups: one group was treated with 15-minute aromatherapy sessions using an essential oil blend of rose otto and lavender twice a week for four weeks, and a control group.

The aromatherapy group experienced “significant improvements” greater than the control group on both the Edinburgh Postnatal Depression Scale (EPDS) and Generalized Anxiety Disorder Scale (GAD-7).

In a [2017 systematic review](#), research experts advise opting for aromatherapy massage to treat depression rather than inhalation, although it may take up to eight weekly sessions before noticing a change in symptoms.

The Difference Between Rose Essential Oil and Rosehip Seed Oil

Rose essential oil is extracted from the petals of various species of rose. It's rich in essential oils and is renowned for its fragrant aroma. This oil is primarily used for its scent and is believed to have therapeutic properties.

In contrast, rosehip seed oil is distilled from the seeds and fruits of the rose plant, typically the *Rosa canina* or *Rosa rubiginosa* species, just beneath the flower, the part you would see if the petals wilted and dropped off. [Rosehip seed oil](#) is considered a carrier oil rather than an essential oil. Unlike rose essential oil, rosehip seed oil is packed with vitamins, antioxidants, and essential fatty acids. It is widely used for hydrating dry skin, reducing scars and fine lines, and promoting skin regeneration.

THERAPEUTIC USES OF ROSE ESSENTIAL OIL

Rose essential oil has demonstrated effects on the central nervous system (CNS) including hypnotic, anti-convulsant, anti-depressant, anti-anxiety, analgesic activities as well as alleviation of morphine withdrawal signs.

Rose essential oil is usually quite expensive and is highly potent. Before using any alternative or complementary treatment, talk to your doctor about any current medical conditions, possible drug interactions, or side effects.

If you're looking to use rose essential oil in homemade products, it's helpful to know that it blends well with bergamot, chamomile, clary sage, fennel, geranium, helichrysum, lavender, lemon, neroli, patchouli, sandalwood, and ylang ylang.

1. **Room Freshener:** you can diffuse rose essential oil in your home using a diffuser or inhale it directly. To make a natural room freshener, mix 1–3 drops of rose essential oil with water in a spritz bottle.
2. **For Stress, Depression and Anxiety:** either inhale rose essential oil using a diffuser or make a 10ml roller bottle blend with 8 drops sweet orange, 4 drops black spruce, 2 drops rose and 2 drops vetiver essential oils diluted in a carrier oil like coconut, almond, or jojoba (this blend also works great in an aromatherapy inhaler), and dab on your chest, neck, and wrists. You may also benefit from a massage of rose essential oil diluted in a carrier oil.
3. **Acne Treatment:** try dabbing 1 drop of pure rose essential oil on blemishes three times a day. Make sure to use a sterile cotton swab; if using the pure oil proves to be too much, dilute it slightly in some coconut oil. Or try a facial steam with 1–4 drops of rose essential oil to detoxify and clear pores and refresh face.
4. **Acne Spray:** mix 4 drops rose essential oil with 1 tablespoon witch hazel in a spray bottle, fill the rest with distilled water. Once it is mixed well, spray it on the face like a toner after cleansing. Be careful to keep it away from the eyes.
5. **Libido Boost:** diffuse it or apply 2–3 drops topically to your neck and chest. Combine rose essential oil with a carrier oil like jojoba, coconut or olive for a libido-boosting therapeutic massage.
6. **Easing PMS:** diffuse it, or apply diluted rose essential oil diluted topically to your abdomen.
7. **Facial Moisturizer:** blend 2–3 drops of rose essential oil with regular face cream or lotion to help soothe and tone your skin. Gently massage your face and neck in circular motions.

8. **Overnight Face Serum:** combine 8 drops each lavender and frankincense essential oils, 3 drops sandalwood essential oil and 2 drops rose essential oil in a 2 oz. glass dropper bottle and fill the rest with jojoba oil. Apply nightly after cleansing.
9. **Anti-Aging Face Serum:** combine 9 drops each lavender and rose essential oils with 3 tablespoons argan oil in a 2 oz. amber glass dropper bottle. Apply nightly after cleansing.
10. **Skin Toner:** use rosewater daily as a toner to promote healthy skin. Or make a pH balancing toner by mixing rose and arnica essential oils, aloe and witch hazel in a spritz bottle to even skin tone and minimize pores.
11. **To Brighten Skin Tone:** mix aloe vera gel with 5 drops of rose essential oil and a pinch of turmeric powder. Apply all over face and neck. Leave on for 10–15 min and wipe off with warm water.
12. **Body Moisturizer:** In a double boiler, mix 10 drops rose essential oil and 1 teaspoon raw honey, add 2 tablespoons rosewater. Remove from the heat and add ½ cup shea butter. The residual heat will soften the shea butter and make it easier to mix. Use a wire whisk to whip the ingredients together. Store in an airtight glass jar.
13. **Hair Moisturizer:** 2–3 drops of rose essential oil to shampoo to promote healthy moisturized hair.
14. **Natural Perfume:** simply dab 1–2 drops diluted rose essential oil behind your ears or on your wrists.
15. **Herbal Tea Hot Bath:** Combine 1 cup Epsom salts and ½ cup Himalayan pink salt in a large bowl. Pour it in the tub while the bath water is running. Once the bathtub is full, add 10 drops rose essential oil to 1 cup milk and then pour mixture into the bath water. For a little extra luxury, toss in a handful of fresh rose petals as well. Stir the bath and soak.
16. **Foot Bath:** add 5 drops of diluted rose essential oil into the foot bath and soak your feet for 10 minutes.

PRECAUTIONS

Rose essential oil is available as a 100% pure oil in some health food stores and online. Rose essential oil can be inhaled directly from the bottle, diffused at home for a warming aroma and applied topically. When buying rose essential oil, be sure to purchase a high-quality, 100 percent organic, pure-grade product that's made by a trustworthy and reputable company.

If you're buying rose essential oil in a brick-and-mortar store and a tester is available, check to see if the essential oil has been combined with a vegetable oil. Place a small droplet on a piece of paper and look for an oily ring, which could mean that the oil has been diluted. The two most common rose essential oils are distilled from *R. damascena* and *R. centifolia* varieties. Experts at the [University of Minnesota](#) recommend that you check the label for the Latin name of the plant and the country of origin when purchasing rose essential oil.

Always dilute rose essential oil with a carrier oil due to its high concentration. Common carrier oils you could use include [babassu](#), [argan](#), sunflower, [sweet almond](#), jojoba or hemp seed. Coconut oil is also a good choice, either fractionated coconut oil or virgin coconut oil.

A safe dilution ratio for rose essential oil is 1–2 drops per tablespoon of carrier oil, especially when applying the oil to sensitive skin. In any form, rose essential oil should never be used on broken or damaged skin. Do not apply directly to open wounds. Never use rose essential oil in eyes or in mucous membranes. When applying rose essential oil topically (on your skin), always perform a 24-hour skin patch test first using 1–2 drops, [read how for further details](#).

Rose essential oil can have a long shelf life if stored properly in tightly-sealed dark glass containers. Store in a cool and dry place, such as a dresser drawer or kitchen cabinet. Prevent exposure to extreme heat and cold temperatures. Keep out of reach of children and pets.

DRUG INTERACTIONS

If you are currently taking any medications or have any ongoing health issues, speak with your doctor before using rose essential oil. Also speak with your doctor first before using this oil topically if you are pregnant or nursing.

CONTRAINDICATIONS

Excessive use of rose essential oil may also cause side effects in some individuals, including complications of pregnancy, gastrointestinal distress, bleeding problems, inflammation, gas, headaches and diarrhea. Always consult with a healthcare professional before using rose essential oil if you're taking medications or have preexisting health conditions.

Although uncommon, rose essential oil may cause an allergic reaction in women who are pregnant or breastfeeding. If you experience symptoms like rashes, hives or swelling after using rose essential oil, discontinue use immediately.

Rosa damascena essential oil is not contraindicated in pregnancy⁴. It can be used in aromatherapy in a diffuser, with a recommended dose of no more than 4 drops with a little water and only for 15 minutes at a time with very long breaks in between. Use essential oils with extreme caution on children, do not use rose essential oil on children. Some brands clearly label their essential oils "KidSafe" on the bottle if it can be used on children ages 2–10.

Pets

The [American Society for the Prevention of Cruelty to Animals](#) (ASPCA) does not recommend applying rose essential oil directly on your pet since it can be toxic. Symptoms of overexposure include an unsteady or wobbly walk, lethargy or depression, and a drop in body temperature. If your pet ingests rose essential oil, you may also see vomiting and diarrhea.

Keep pets out of rooms where you're using a diffuser. Keep diffusers away from the reach of pets. This is especially important for pets with a history of respiratory issues. Birds are particularly prone to respiratory issues.

⁴ Tisserand, Robert (2014) *Essential Oil Safety*, 2nd Edition. Churchill Livingstone Elsevier