

ROSE

10% *Rosa damascena*

Symbolically, Rose has always been assigned to the heart and has a deep psychological effect on it. Rose oil comforts in times of loss and sorrow, and soothes a wounded heart opening it to love, friendship and compassion. Apply over the heart and the lung areas as the lungs hold our grief, it can also be applied to the lung and heart reflex points on the feet. Apply to the wrists and inhale as needed.

Rose is a complex and interesting essence, known as a fragrance of purity and innocence it is also well established as an aphrodisiac that stimulates sensuality. Rose oil conforms to the person who wears it and the fragrance will differ from person to person according to their inner balance.

**BALANCING,
COMFORTING,
HEART-CENTERED**

A friend to the expectant mother, Rose is helpful for relieving mood swings during pregnancy and supporting women during childbirth. It may be applied to the heart during times of anxiety or depression. During labor it may be applied to the uterus reflex points on the feet, as well as inhaled from a tissue as needed. New babies respond well to the fragrance of Rose when it is used on the mother while giving birth.

Even in highly diluted concentrations, Rose oil has a very strong psychological effect; it is a good tonic to the soul while physically it reduces infections and relieves cramps. When layered with Lavender, Rose oil is very effective for headaches. Apply to the temples, forehead, across the back of neck then repeat with a layer of Lavender Fine.

Rose is especially helpful for balancing a woman's hormone system. It cleanses and strengthens the uterus, helps to regulate menstruation, and relieve menstrual cramps. It can be applied to the lower abdomen and across the lower back for hormonal discomfort and well as to the uterus and ovary reflex points on the feet. Layer it with Rose Geranium for additional hormone balancing effects.

Rose oil is the least toxic essential oil, which makes it ideal for children and babies. To use with infants, roll on a quarter-sized application to the palm of your hand and add a teaspoon of unscented carrier oil, rub your hands together and then massage the infant's back, chest and abdomen, and/or arms and legs. Do not apply to child's face.

Rose essential oil is an extraordinary beauty oil supporting every skin type. It is especially recommended for infected, dry, or sensitive skin. It is helpful for aging skin and often found in high-end rejuvenation cosmetics.

Rose perfumes have been popular since perfumes and body fragancing first began. To wear as a perfume apply to the wrists, the heart, the neck, or anywhere you feel inspired. Apply as often as needed to release anxieties, worries, sorrows and to feel beautify, sensual and deserving of love.

Available in: 5ml Bottle

daily uses

BATH

- Add 10 drops to warm water for a soothing, relaxing bath.

DIFFUSION

- Diffuse 10 minutes per hour throughout day to create a relaxing and loving environment.

INHALATION

- Apply 2 drops on hands, rub, and inhale deeply as needed.

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, non-irritant.



Essential Singles

attributes

PRODUCING ORGAN

Flower

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Bulgaria

PROPERTIES

Antidepressant, antiphlogistic, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, bactericidal, choleric, cicatrisant, depurative, emmenagogue, haemostatic, hepatic, laxative, nervous system sedative, stomachic and a tonic for the heart, liver, stomach and uterus.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

