



## Rose

Rosa damascena

### Product Information

Rose essential oil is a highly prized and luxurious aromatic oil derived from the petals of the rose flower, scientifically known as *Rosa damascena* or *Rosa centifolia*. The oil is extracted through a process known as steam distillation, where rose petals are subjected to low-pressure steam, allowing the volatile compounds in the petals to be released and collected as essential oil.

The production of rose essential oil is quite labor-intensive and requires a large quantity of rose petals to produce a small amount of oil. For instance, it takes around 2,000 to 4,000 kilograms of rose petals to yield just one kilogram of essential oil. This is one of the reasons why rose essential oil is relatively expensive compared to other essential oils.

Rose essential oil is highly regarded for its pleasant and intoxicating fragrance, which is sweet, floral, and rich. The aroma is often associated with romance, love, and sensuality, making it a popular choice in perfumery, aromatherapy, and skincare products.

### Uses and Benefits

1. Emotional and psychological effects: Rose essential oil is believed to have calming and uplifting properties that can help alleviate stress, anxiety, and depression. It is often used in aromatherapy to promote relaxation and improve mood.
2. Skin care: The oil is known for its skin-nourishing properties and is often used in skincare products to help moisturize and soothe the skin. It is believed to have anti-inflammatory and antioxidant effects, which can be beneficial for various skin conditions.
3. Aphrodisiac qualities: Rose essential oil has a reputation as an aphrodisiac due to its romantic aroma and the way it can enhance mood and create a sensual atmosphere.
4. Hormonal balance: Some sources suggest that rose essential oil may help balance hormones, particularly in women, and alleviate symptoms of menstrual discomfort.
5. Antimicrobial properties: Rose essential oil contains certain compounds that may have mild antimicrobial effects, which can be beneficial in skincare and personal care products.

#### Research:

##### Rose:

<https://pubmed.ncbi.nlm.nih.gov/?term=rosa+damascena+essential+oil>



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### Research on Properties of Rose

#### Research:

##### Citral:

<https://pubmed.ncbi.nlm.nih.gov/?term=Citral>

##### Eugenol:

<https://pubmed.ncbi.nlm.nih.gov/?term=eugenol>

##### Farnesol:

<https://pubmed.ncbi.nlm.nih.gov/?term=Farnesol+>

##### Methyl Eugenol:

<https://pubmed.ncbi.nlm.nih.gov/?term=Methyl+Eugenol+anticeptic>

##### Nerol:

<https://pubmed.ncbi.nlm.nih.gov/?term=nerol>

### Responsible cautions

- Remember that essential oils are highly concentrated and potent substances, and they should be used with caution.
- Always dilute rose essential oil in a carrier oil (such as jojoba, almond, or coconut oil) before applying it to the skin.
- Additionally, if you plan to use rose essential oil for any therapeutic purposes, consult a qualified aromatherapist or healthcare professional to ensure safe and appropriate usage.
- Pregnant or nursing women, as well as young children, should consult a healthcare professional before using essential oils.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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