

## Rose, Organic: Bulgaria (*Rosa damascena*)

The therapeutic Rose we use is actually a rosehybrid derived from two or three different species that originally came from the Gulf of Persia. In the 10th century, the first Rose oil was distilled by a Persian physician, with the distillery existing up until 1612. Also, during the 16th century, Turkish merchants imported roses for cultivation in Bulgaria and Turkey. Soon Bulgaria became known for its high-quality oil and was the world's largest exporter.

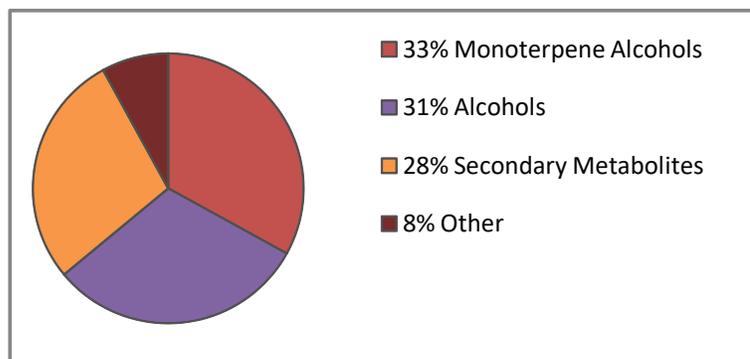
When the flowers are ready, they must be handpicked early in the morning and distilled immediately before any major loss of oil. Rose is one of those special oils that use the double steam distilled extraction methods to obtain the complex chemistry found in the therapeutic oil. The pure therapeutic oil is highly concentrated and it takes about ninety pounds of rose petals to make 15ml of oil.

Pure *Rosa damascena* goes solid at just below room temperature and has more of a honey like fragrance that is quite intense. Normally people prefer it highly blended to a gentler aroma. Due to the high price of pure quality oil, the Rose market is flooded with inferior quality and adulterated oil.

**Primary Usages:** Assists with emotional issues (depression, low self-esteem, shock, anger, nervous tension, trauma, calming, relaxing, anxiety, grief), skin conditions (regeneration, broken capillaries, herpes, shingles, burns, acne, inflammation, blemishes, skin elasticity, scars, dermatitis, wrinkles, wounds, stretch marks, eczema), and used as an aphrodisiac (sexual problems, impotency, frigidity, lack of interest).

**Secondary Usages:** Assists with heart problems (poor circulation, palpitations, arrhythmia, high blood pressure, high cholesterol), respiratory issues (asthma, coughs, bronchitis, tuberculosis, sore throats, hay fever, spasms), balances hormones (menstrual issues, infertility), fights infections (strep, staph, E. coli, anthrax), stimulates the immune system, aids uterine disorders, and assists digestive issues (cholera, diarrhea, nausea, food poisoning).

**Been Reported:** Has been used internally as a tonic for the liver and gallbladder as well as a support for the release of emotional trauma. Used in many perfumes and cosmetics.



**Descriptor:** Anti-Depressant, Sedative, Nervine, Regenerative, Antiseptic, Antispasmodic, Aphrodisiac, Astringent, Tonic

**Application:** Apply topically on location, over the heart, and inhale.

**Caution:** Hormonal support caution while pregnant.

Main chemical about 28%  
Citronellol.

**Found In:** Circulate, DNA Release, Rose Blend, Skin Renew, To Be

**Influences:** Creates a sense of wellbeing, loved and enhances spirituality and meditation. Wonderful oil to smell and rub over the heart and ears in times of emotional hardship.

**Medicine Wheel:** A Primary Center and Secondary South.

**Blends Well With:** Bergamot, Geranium, Jasmine, Lavender, Roman Chamomile, Ylang Ylang