

Rose Essential Oil

Roses are a symbol of love, and many people love them for being some of the most beautiful flowers in the world. As well as being deliciously scented and beautiful to look at, the rose has long been part of many legends and myths - and its healing properties match its reputation.

Rose oil is known to be a potent boost for the mood; it can boost self-esteem, confidence, and even libido while banishing feelings of gloom and depression.

Rose oil properties

As an antidepressant, rose oil has been shown to help people who are suffering from acute depression, especially [when used as part of an aromatherapy massage](#). Rose essential oil can also be used as a nerve tonic and help to deal with shocks and upsets.

Rose essential oil may have its uses in boosting a flagging libido and helping to reduce symptoms of sexual dysfunction, erectile dysfunction, frigidity, and disinterest in sexual activity. It can help with women's problems and period issues, including mood swings, hormonal imbalances, bloating, cramps, and excessive bleeding. In one study, the severity menstrual cramps were [significantly reduced](#) in college students using Rose and Lavender essential oil blend as part of aromatherapy massage. Another 2015 study found that women who massaged themselves with rose oil had less menstrual pain by the second cycle than women who self-massaged with unscented almond oil or didn't treat at all.

Rose oil has long been used in skin care as a soothing, anti-bacterial and luxuriously-scented addition to preparations for the skin. The oil's [powerful antioxidant benefits](#) can help to reduce the appearance of acne, scars and stretch marks, as rose oil is thought to improve the healing ability of the skin.

What to use Rose essential oil for

To use Rose essential oil to boost a negative mood just add two drops to a diffuser and relax. Topical application is the most effective method for treating sleep disorders, either self-application diluted in a carrier oil, or as part of an aromatherapy massage, mixed with other soothing essential oils. Diffusing Rose essential oil is a delicious way to start the day, boosting your mood as you wake.

To use Rose essential oil to relieve menstrual cramps, massage the oil, starting with 2-3 drops diluted into 25 ml carrier oil, into the affected area. Massage a small amount of this blend into your abdomen once daily for at least a week before your period is due to start for the best results.

For skin care, get the best results by applying one to two drops of Rose Essential oil to the skin on your face, neck, and décolletage. Follow this daily with the moisturizer of your choice.

Safety and precautions

- While Rose essential oil is generally considered safe, ingestion of Rose essential oil isn't recommended.
- Pregnant and nursing women and those taking prescription drugs should not use Rose essential oil without seeking medical advice first.
- Don't use Rose essential oil neat, even on blemishes, always dilute first and keep away from sensitive areas.

Did you know?

- Pure Rose Otto essential oil can be very expensive – but this isn't surprising considering that it takes 60 roses to create a single drop of Rose Otto oil.
- Cleopatra used roses as an instrument of seduction; she's said to have used rose and the Jasmine scents to seduce Marc Anthony from the Roman Empire.