

# ROSE

## ROSA DAMASCENA

Country of Origin: Bulgaria

Steam Distilled from flowers

Rose (*Rosa damascena*) is a steam-distilled oil drawn from the petals, valued for its exquisite aroma and its profound influence on the emotional, nervous, and skin systems. Naturally composed of complex aromatic compounds, rose carries a deeply harmonizing character known for supporting emotional balance, soothing the heart, and promoting a sense of deep inner cohesion and calm.

Its aroma is rich, floral, and softly sweet with a depth that feels both expansive and intimate. It is often used when the system is under emotional strain, whether that presents as grief, anxiety, or a sense of disconnection, and when the skin requires gentle, restorative support.

In both aromatic and traditional use, rose has been regarded as a unifying oil—supporting harmony between emotional, physical, and mental states. It works with subtlety, helping soften tension, restore balance, and bring the system back into a more integrated, supported state.

## FUNCTIONAL CONSTITUENTS

<b>Citronellol</b>	A primary monoterpene alcohol in rose, citronellol contributes to its soft, floral sweetness. It is associated with calming the nervous system, supporting emotional balance, and providing gentle antimicrobial benefits.
<b>Geraniol</b>	Another key alcohol that adds brightness and lift to the aroma. Geraniol is known for its skin-supportive and antioxidant properties, helping promote regeneration and maintain a healthy complexion.
<b>Nerol</b>	A monoterpene alcohol that rounds out the profile with a fresh, slightly green floral note. It is associated with soothing irritation and supporting both emotional and skin balance.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC3586833/">https://pmc.ncbi.nlm.nih.gov/articles/PMC3586833/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/28917365/">https://pubmed.ncbi.nlm.nih.gov/28917365/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/16504433/">https://pubmed.ncbi.nlm.nih.gov/16504433/</a>



## HOW WE SOURCE

Rose oil is shaped by the quality of the petals and the precision required to capture their delicate aromatic compounds. We look for *Rosa damascena* cultivated in regions such as Bulgaria, where climate, soil, and traditional harvesting practices support a rich, balanced aromatic profile.

The petals are harvested at dawn, when their volatile compounds are most concentrated, then steam distilled promptly to preserve their integrity. Because rose oil is exceptionally sensitive to handling, timing and care at every stage are critical. We look for oil that is rich, full, and softly floral with a smooth, well-integrated depth, never sharp, thin, or lacking complexity.

## OUR ROSE IS:

- ✓ Steam distilled from fresh petals
- ✓ Unrefined and not standardized
- ✓ Sourced from Bulgaria for superior quality
- ✓ Harvested at dawn for optimal potency
- ✓ Rich, floral, and softly complex

We look for oil that carries a full, rounded floral profile with depth and softness, an indicator of proper harvest timing and careful distillation. Thin, sharp, or overly sweet oil signals poor handling or inferior material, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Rich, true floral aroma\*
- Soft, well-rounded depth\*
- Smooth, integrated profile\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Sharp or synthetic scent\*
- Thin or weak aroma\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

## HOW TO USE ROSE

Rose is commonly used when the goal is supporting emotional balance, calming the nervous system, and caring for sensitive or mature skin. It fits into aromatic, topical, and bath routines.

### Aromatic

Diffuse 1–3 drops or inhale directly. Often used to ease emotional tension, support calm, and create a soft, balanced atmosphere.\*

### Topical

Dilute with a carrier oil and apply to face, chest, or pulse points. Commonly used to support skin regeneration and emotional grounding.\*

### Topical (Facial Care)

Add to facial oils or creams. Often used to support hydration, reduce visible signs of aging, and improve skin tone.\*

### Bath

Add to bath salts before dispersing in warm water. Commonly used to relax the body and promote emotional ease.\*

## WHAT IT SUPPORTS

Rose is traditionally used when the goal is restoring emotional balance, soothing the nervous system, and supporting healthy, resilient skin. It supports:

- Emotional balance and relief from stress or grief\*
- Nervous system calm and reduced reactivity\*
- Skin regeneration and support for mature or sensitive skin\*
- Hormonal balance and overall feminine support\*
- A sense of connection, harmony, and inner steadiness\*

Used consistently, it helps the system feel more supported, integrated, and at ease, promoting balance across emotional, physical, and energetic states.

## ROSE IN THE STILLROOM

Rose has long been kept in the stillroom as a harmonizing, heart-centered oil to be used when the system is under emotional strain or needs deeper support and integration. Distilled from the petals of *Rosa damascena*, it is closely associated with easing grief, softening tension, and restoring a sense of connection within the body and emotional landscape.

It is often reached for during periods of loss, emotional fatigue, or when the system feels closed or withdrawn. This is not a stimulating or forceful oil. It works with subtlety, helping open space, ease reactivity, and bring the system back into a more cohesive, supported state. Used in small amounts, it supports a deeper sense of balance and emotional steadiness without overwhelm or excess.

## MORE WAYS TO USE ROSE

### Pulse Point Ritual

Apply diluted to wrists or heart center. Commonly used to support emotional balance throughout the day.\*

### Facial Mist

Add to distilled water and mist lightly over skin. Often used to refresh, hydrate, and support a radiant complexion.\*

### Grief Support Inhalation

Inhale from palms during emotional moments. Commonly used to soften intensity and restore steadiness.\*

### Luxury Body Oil

Blend with a carrier oil and apply after bathing. Often used to support skin tone and create a sense of calm and care.\*

### Sacred Space Diffusion

Diffuse in short intervals during quiet time. Commonly used to create a peaceful, centered atmosphere.\*

## CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

