

Rose Essential Oil

Intro

The rose is a symbol of love, romance and beauty throughout the world and is probably one of the most recognisable flowers to many people. The essential oil that is extracted from this flower is also very widely used and recognised throughout the aromatherapy world.



Rose essential oil is extracted from the petals of the rose flower. The harvesting process of the flowers needs to be performed very quickly, as the plant deteriorates very quickly once harvested. As soon as the rose starts to open, the harvesting starts and does not stop, until all the flowers have been picked. The petals are then quickly transferred to the distilleries for processing. Harvest to distillery is often done within a matter of hours, so that the oil is extracted at its very best.

Usage

Rose essential oil has a sweet floral aroma just like the flower. It is one of most popular oils, especially with women as it can help with many problems that woman experience. Rose oil is also loved by many people for its uplifting effects.

Rose has sedative, antidepressant, aphrodisiac and calming properties and is beneficial for the following; PMT, Treating grief, Depression, Hysteria, Regulating your menstrual cycle, Menopause, Stress / anxiety, Headaches, Insomnia, Wrinkles / aging skin, Dry Skin / Sensitive Skin, Broken Veins and Sore Throats.

Ancient Wisdom

The roses grown to produce Rose essential oil are usually from France, China, India, Bulgaria, Turkey, Egypt and Morocco.

Throughout history roses have played their part; both the ancient Greeks and Romans associated the rose with their goddesses of love, Aphrodite and Venus and the Romans were known to use Rose to relieve the symptoms of a hangover.

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