

# Essential Oil of the Month: Rosa Damascena

-By. Kathy Padecky, Aromatherapist, HHP

## Rosa Damascena

### Essential of the Month- Rose- Rosa Damascena

Through ancient times to present, rose symbolizes love, purity, inspiration, beauty, devotion, compassion, faith, hope, spirituality and sensuality. Rose is the flower of seduction. A Greek poet, Sappho, called rose the "queen of flowers." The aroma is intoxicating, gentle and exquisite. The Greeks prized rose as the flower of Aphrodite, the goddess of love. In Arab culture rose symbolizes the highest of spiritual achievement. In Rome



and Egypt, rose petals were scattered at weddings to ensure happiness. Rose originated in Asia. There are over 250 species of rose and 10,000 different hybrid varieties. Bulgarian rose is the finest quality. It may be referred to as Rose otto. In France, the cabbage rose is extracted with a solvent to make a Rose absolute. Before distillation was discovered, the flower petals and rosehips were used as medicine and food. I have a jar of Rose jam. Rose is added to traditional Middle Eastern cooking. A drop of organic rose oil can be added to ice cream (it is yummy), rice pudding and chocolate dishes. Organic rose petals can be added to a salad, cakes or honey. It is also used in creams, lotions and cosmetic preparations. In ancient times, rose was used as a cure-all. Hippocrates used rose for gynecological conditions. The Romans used rose for the "day after remedy." They even infused rose into their wine. Galen, the astronomer recommended it for eye inflammation, hangovers and brain injuries.

Many alchemical physicians prescribed rose for heat stroke, burns, wounds, liver disorders and opium intoxication.

Bulgarian scientist have used rose successfully for high blood pressure and heart arrhythmia. Rose is very effective on emotions, anxiety, panic attacks, nervous tension and is an emmengogue



and deodorant. It strengthens the heart, circulation, insomnia, digestion, post natal depression and relieves relationship issues. Rose nourishes the hypothalamus of our limbic system. The hypothalamus is a portion of the brain that secretes substances to control our metabolism. It governs our eating, drinking, emotions, stress, sex and reasoning. When we are stressed, it affects our adrenals and kidneys. Just inhaling the scent of rose has a therapeutic effect on the body. The application of an essential oil can bath every tissue, cell and organ in 20 minutes. It does not store in our body.

Rose is antiseptic, antispasmodic, anti-viral, anti-bacterial, sedative and anti-depressant. It may assist in the following situations; frigidity, chronic bronchitis, asthma, skin disease, cancer, ulcers, wounds, wrinkles, infections, constipation. Rose has the highest frequency of all the essential oils approximately 320 MHz. It is stimulating and elevating to the mind creating a sense of well being.

Years ago, a dear friend of mine and I went to a beautiful beach called Crystal Cove in Orange County, California. We were wading in the tide pools. Just as the sun was setting, she placed one drop of rose essential oil into the water as a gift to the ocean. Within seconds, we saw sparks of energy emitting from the water. I knew essential oils were electrical in nature, and this was a first hand

experience of seeing its vibrant healing energy. Rose oil is contra-indicated in the first trimester of pregnancy. In rare cases it may cause skin sensitivity. If you use rose oil internally, use only an organic steam distilled essential oil.

### **Rose essential oil blend recipes**

#### **Not just for Valentines Day recipe**

Place aromatic rose petals (pesticide and herbicide-free) into bath water.

Soak to your heart's delight.

Remember to collect the rose petals before draining the bath water.

#### **Insomnia recipe**

Add 1-2 drops of rose essential oil to the top and bottom of the feet. Massage Rose Ointment for dry, cracked and callous feet.

#### **Happy baby or tired parent massage blend**

4 oz of jojoba oil

1-2 drops of rose oil

2 drops of tangerine essential oil

1 drop of Roman chamomile

Mix together all the ingredients and apply as a massage oil blend.

Lie back and start counting sheep.

#### **Breast care for women**

Add 1 drops of rose oil to 1 tsp of your favorite carrier oil

**Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. Products and/or techniques mentioned are not intended to diagnose, treat, cure or prevent any disease. The information provided is for educational purposes only and is not intended as diagnosis, treatment, or prescription for any disease. The decision to use, or not use, any of this information is the sole responsibility of the reader.

**About the Author:** Kathy Padecky is an Aromatherapist and a Holistic Health Practitioners (HHP). She began working in the holistic health field in 1981 and teaches various massage modalities, aromatherapy, and hydrotherapy at the International Professional School of Bodywork (IPSB). Ms. Padecky is also publisher of the "Sacred Scents" Newsletter.

