

*Oshadhi Focus*

The incomparably beautiful

# ROSE



Skin Care, Emotional Harmony, Pure Joy

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# Rose

*“The rose speaks of love silently, in a language known only to the heart.”*



There is surely no fragrance that has such a place in our hearts as the Rose. And none that has been such a source of inspiration for poets, lovers and romantics. But Rose is far more than a beautiful fragrance: it has an amazing balancing effect, and powerful applications for body, mind and spirit.



*Shakespeare makes reference to roses more than 50 times in his plays and verse*



The Emperor Napoleon's Josephine grew more than 250 varieties of Rose.

Roses have been present on earth for a very long time! Archaeologists have discovered the fossilized remains of wild roses over 40 million years old. Today the world's oldest living rose bush blooms on the wall of the Hildesheim Cathedral in Germany. It is thought to be 1000 years old.

Ancient Egyptian, Greek, and Roman myths are full of stories of Roses. Egyptian rulers loved Roses enough to want to take them with them to the afterlife – the remains of rose blossoms have been found in tombs. Aphrodite, the Greek Goddess of Love, is said to have created the rose from her tears and the blood of Adonis, her lover. Roman women believed that they could banish wrinkles by using rose petals in poultices. While in the Middle Ages roses were grown in monasteries as herbal remedies.

## How is Rose Oil Produced?

Essential oils are typically produced by the process of steam distillation: steam is passed through the plant material under gentle pressure. In this process it picks up some of the fragrant particles in the plant. The steam is then cooled, and turns into a water-oily mix, which quickly separates out into the plant's *essential oil*, and the water which also contains many beneficial properties, and is known as a *hydrolat* or *hydrosol*.

Rose oil can be produced in this way, but the yield is very small which makes it very costly. In fact it takes 3kg (about 7lbs) of

## Rose Absolute



rose petals to produce just 1ml (20 drops) of Rose oil!

Therefore Rose oil is also produced through a different process, where the oil is extracted from the petals by first immersing them in a solvent. This process produces six times more oil than steam distillation, which makes the resultant product much less costly.

In order to distinguish between the oil produced by the two different processes, the distilled oil is known as Rose essential oil, or Rose Otto, and that produced through the extraction process is known as Rose absolute.

## What can Rose be used for?

Rose relaxes, cools and uplifts. So let's consider Rose in terms of its effects on the body, mind, emotions and spirit.

You will find that Rose is an ingredient in many skin care products, particularly those for women in their forties and fifties. Rose has a tonifying and firming effect on the skin, and is frequently associated with its ability to minimize fine lines on the face. It also used to reduce redness.

Emotionally Rose simply makes you feel more human . . . or should that be divine? It softens one's outlook on life, and encourages acceptance of oneself and others. It is strongly associated with femininity, but it can also be useful for teenage boys whose hormones may be in overdrive! It uplifts, gives confidence and attractiveness, releasing stress, helping to overcome fear, and increasing the sense of self worth.

Spiritually, the effect of Rose is to create a state of well-being and relaxation or restful alertness, the state aspired to by spiritual seekers of all traditions. It cultures the heart.

## Rose products for harmony and health

### Rose essential oil and Rose absolute

Use these Rose oils directly on the skin as a perfume. Just a drop on the pressure points will last a long time. The perfume of Rose is so deep and powerful that a tiny amount of rose oil can be added to a carrier oil such as Sweet Almond oil to create a delightful massage blend for self or partner massage.

### Bulgarian Rose Hydrolat

Rose hydrolat is a wonderful natural skin toner. Not only does it have a beautiful fragrance, but it has a pH value that is perfect for maintaining balanced and healthy skin tone. Spritz it on your face everyday as part of your morning routine. You can also add it to drinking water, use it in cooking, or spray onto linen to add a touch of luxury and romance.



*Cleopatra loved roses. The floors of her palace were said to be carpeted with rose petals which released their delicate fragrance when people walked on them; and she is said to have adorned her ship with so many rose petals that the Romans knew of her impending approach before they could see her ship.*



*According to clay tablets excavated in the temples of Ur in Iraq, the sultan of Baghdad used no fewer than 30,000 jars of rose water a year, to make his rooms smell beautiful for his extensive harem.*



## Blending Rose with Other oils

Rose blends beautifully with many oils, such as [Rosewood](#), [Geranium](#) and [Rose Geranium](#), [Bergamot](#), [Jasmine](#), [Camomile](#), [Sandalwood](#), [Clary Sage](#) and [Lavender](#). Experiment by making your own blends, or try some of the following:

## Rose Essential Oils Synergy Blends

Many synergy blends include rose. You can use these to help fragrance a room, or add them in a 3% dilution to a carrier oil and use for massage. Try for example: [Tenderness](#)

## Rose Bath Oil

Add a few drops to your morning or evening bathing, swish around, and relax! Or in the shower, use on your wash cloth.

## Rose Natural Perfumes

[Fleurs de Paradis](#), [Rosee de Rose](#) and [Rose Attar](#) (with Sandalwood)

## Skincare blends with Rose

[Wild Rose Deluxe](#), [Rosa Rubiginosa Queen](#), [Aloe Rose](#), [Jojoba Rose](#), [1001 Nights Massage Blend](#)



*The precious rose oil is the 'heart note' par excellence of the perfumers of old, and a spiritual healer of great magnitude.*

*Physically, it helps to alleviate problems of blood congestion. It supports circulation, and is a miraculous skin tonifier. Rose is cooling like water and softens irritability, anger, and emotional problems linked to stagnant, blocked energies.*

*Spiritually this 'Queen of Flowers' opens the energies of the heart and frees from fear, uniting not only the outer person with the inner spiritual centre of their being, but also the intellect with the physical, thus tuning the strings of the soul for love and compassion, self-forgiveness and devotion to the Divine on earth. The blossoming of life in unity of existence.*

**— Dr Malte Hozzel, Founder of Oshadhi**

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