

ROSE OTTO

Rosa damascena (10% in jojoba)

The queen of flowers

Source:	Bulgaria
Extraction:	Steam distillation of whole fresh flowers.
Blending Factor:	2
Odour Note:	Base

Characteristics:

Rose Otto is a pale yellow/olive liquid with, warm, deep, rosy/floral odour. Very rich with spicy/honey tones.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising. **Use with caution during first trimester of pregnancy.**

History:

The rose symbolises perfection in beauty and love and is the most prized and exalted flower of literature and legend. Pliny, in his book *Natural Senses* describes in great detail the care required to achieve the best from the flower's precious perfume. The cultures of Babylon, Greece Assyria, China and Rome were aware of the flowers healing properties. Rosewater was first prepared in the 10th century but oil was not distilled until the early 1600's.

Therapeutic Actions:

Antidepressant, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, bactericidal, circulatory haemostatic, hepatic, stomachic, tonic (heart, liver, stomach and uterus)

Enhances:

Confidence, femininity, happiness, healing, peace, passion, sensuality, warmth, comforting, nurturing, uplifting, strengthening, harmonising, inspiring

Reduces:

Anxiety, depression, grief, feelings of emptiness and despair, insecurity, sexual fears

Uses:

Nervous system: Post-birthing blues, irritability, insomnia

Reproductive system: Regulates menstrual function, eases PMT & painful periods.

Skin: All skin types especially for mature, dry and sensitive

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Chamomile, Clary Sage, Frankincense, Geranium, Jasmine, Lavender, Neroli, Orange, Palmarosa, Patchouli, Rosewood, Sandalwood and Ylang Ylang

Post-birthing blues		Emotional de-clutter		Sense of Peace	
Rose	3	Rose	2	Rose	4
Mandarin	3	Myrrh	2	Mandarin	4
Frankincense	2	Lime	2	Cedarwood	2
Total drops	8	Total drops	6	Total Drops	10
In Carrier	16 ml	In Vaporiser		In Carrier	20 ml
Or Bath				Or bath	