

QUICK REFERENCE SHEET

ROSE DE MAI

Rosa centrifolia



Plant Family:
Rosaceae



Extraction Method:
Solvent



Part Utilized:
Flowers



**Region of
Origin:**
India

AFFINITY FOR:

skin, libido, nervous system, heart chakra

THERAPEUTIC PROPERTIES:

emollient, circulation, stimulant, anti-inflammatory, antiseptic

AROMATIC CONSIDERATIONS:

Rose de Mai has a very potent sensuous aroma that is said to be closer to the true scent of the fresh rose. Rose de Mai is one of the most aromatically complex flower oils and is almost hypnotic. It is widely cultivated for its fragrance- clear and sweet, with light notes of honey.

APPLICATION:

Rose de Mai can be diffused, used as perfume, added to the bath, or applied to any area of concern. Apply to wrists, chest, or temples to help with anxiety or place in an inhaler to sniff when feeling anxious. There is no wrong way to enjoy Rose de Mai!

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Rose de Mai is a very soothing essential oil. It is considered one of the best all purpose essential oils. It is helpful for depression, grief, and anger. It helps relieve anxiety. All rose varieties are considered "heart opener" essential oils, and as such is one of the best oils to use in times of emotional crisis.

PHYSICAL ASPECTS:

Rose de Mai has a profound effect on the skin and is helpful for broken capillaries, wrinkles, dry skin, eczema, and is excellent for sensitive skin. It hydrates the skin and all varieties of Rose essential oil are some of the most antiseptic essential oils making it very useful for acne. Rose de Mai also helps with hormone balance which boosts the libido and can help men with sexual dysfunction especially related to performance anxiety and stress. It is useful for relief from PMS.

GENERAL INFORMATION:

Rose de Mai is also known as the 'Cabbage Rose' which refers to the great number of petals on each flower and is called Rose de Mai for its habit of blooming in May.