

QUICK REFERENCE SHEET

ROSE OTTO

Rosa x damascena



Plant Family:
Rosaceae



Extraction Method:
Steam Distilled



Part Utilized:
Flowers



**Region of
Origin:**
Bulgaria

AFFINITY FOR:

cardiovascular system, nervous system, digestive system, genito-urinary system, central vessel meridian, spleen meridian, yin energy, heart chakra

THERAPEUTIC PROPERTIES:

anti-infective, antiseptic, astringent, tonic, stimulant, aphrodisiac, emollient, nervine, cytophylactic, hemostatic

AROMATIC CONSIDERATIONS:

Both Rose oils will of course smell like roses, however, all absolutes, because of their concentration and intensity, should be evaluated in extremely small quantities. Large amounts of these oils can overcome the receptor sites in the nose. The complexity of the fragrance, especially the rare and exotic notes, becomes entirely lost to our sense of smell.

APPLICATION:

There is no wrong way to use Rose. Simply enjoy it as often as you can.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Rose is an outstanding remedy for those times when we feel trapped by our responsibilities or by the past. Sometimes we need help to let go and move forward into the future easily and with delight. The best way that I know to describe Rose oil is to tell you a story that was told to me.

A very wise man was walking along the edge of the river one day. He heard faint calls for help coming from just over the edge of the rushing river. As he looked over the edge he saw a person, so very afraid, clinging to an old dead branch with all of his might. "Help me," the poor person calls out to him. "Please, give me your hand. I can't hold on another moment." The wise man looks around him and spots a beautiful rose growing on the side of the riverbed. Picking it, he holds it out to the distraught person, saying, "Take hold of this rose. It is the most magic of flowers. You will be saved and all will be well with you."

The person immediately reaches for the magic flower, losing his grip on the old dead branch—and the rushing river instantly carries him away. The wise man smiles and walks down the riverbank for a short way. There he finds the person, wet and shaken, but washed ashore quite safely. The wise man hands the person the flower and says gently, with compassion and understanding in his voice, "You only needed to trust and let go." We choose our attitudes and beliefs based on our perceptions of the experiences in our past. Rose oil can help us understand that nothing from the past needs to hamper our futures.

PHYSICAL ASPECTS:

Rose is one of the very best oils for use in any emotional crisis. It is useful in extreme debility and fatigue. Rose has a four-fold action on nerves, digestion, vascular, and urinary systems. This action is one of cleansing, rather than stimulation. Rose oil, surprisingly, is one of the most antiseptic essential oils. This antiseptic action, combined with its action on capillaries and its soothing and emollient qualities, makes it a wonderful oil for nearly all types of skin.

GENERAL INFORMATION:

Rose is the highest frequency essential oil. As the frequency of the body rises to meet this amazing oil, wonderful things happen in the body. Rose Absolute and Rose Otto can be used interchangeably.

Rose Otto is steam distilled and is less overpowering to your sense of smell. Because it is less intense, it is easier to pick up on the exotic notes that make Rose oil so beautiful, making Rose Otto the preferred Rose oil for aromatherapy. Rose Otto is more expensive than the absolute, but is, in my opinion, well worth the extra money. Not only is the scent absolutely divine, it is also easier to use because it is thinner and it is clear so it won't stain like the absolute.