

# ***Rose water***

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**R**ose water is a liquid made from water

*and rose petals. It is used as a perfume due to its sweet scent, but it has medicinal and culinary values, as well. There is a long tradition of rose water being used in medicine, including in Iran and other parts of the Middle East, as far back as the 7th century. There is also evidence of North American Indian tribes using it to treat ailments.*

## **Fast facts on rose water:**

- *Rose water can usually be used without any side effects.*
- *Rose water contains numerous, powerful antioxidants.*
- *Recent research has found that it can help relax the central nervous system.*

**We know rose water's great for skin and hair but why it's good and how exactly must you use it, is key! Here are 10 amazing skincare and hair care uses of rose water you'll thank us for.**

*Wondering why rose water has found a place in every Indian household? It's simple. Rose water is undoubtedly beauty's magic potion, and remarkably versatile. Whether you have oily, dry or combination skin, rose water can be added to your beauty regime. That's what makes it a beauty secret or rather a secret weapon of women all over the world, not just India. While purchasing rose water, you must make sure you buy only 100% pure rose water i.e. the distilled water of roses sans the chemicals, the by-product of rose oil production. The usage of rosewater dates back to early Egypt, when Cleopatra (yes, Cleopatra) used the natural product in her skincare regime. And how can we not follow the footsteps of the world's most legendary beauty queen?*

# What are the benefits?

## 10 Rosewater Benefits For Skin & Hair

- 1. Rosewater helps maintain the skin's pH balance, and also controls excess oil.*
- 2. "Rose water has **anti-inflammatory** properties that can help reduce the redness of irritated skin, get rid of acne, dermatitis and eczema. It is a great cleanser and aids in removing oil and dirt accumulated in clogged pores", says Dr. Deepali Bhardwaj, Skincare Expert.*
- 3. Rose water helps hydrate, revitalise and moisturise the skin giving it with that refreshed look.*
- 4. Due to its **antibacterial** properties, rose water also aids in healing scars, cuts and wounds.*
- 5. The **antioxidant** properties of rose water help to strengthen skin cells and regenerate skin tissues.*
- 6. Due to the astringent like properties it possesses, rose water helps clean pores and tone the skin. Applying rose water after steaming tightens capillaries, reduces redness and blotchiness.*
- 7. The aroma of roses is said to be a powerful mood enhancer. It rids you of feelings of **anxiety** and promotes emotional well-being, thereby making you feel more relaxed.*
- 8. The nourishing and moisturising properties of rose water enhance the quality of hair. It is known to treat mild scalp inflammations and get rid of **dandruff**. Rosewater works wonders as a natural conditioner and revitalises hair growth.*
- 9. The scent of rose water on your pillow also helps you sleep better after a long day, making you wake up refreshed.*
- 10. It also helps aging skin, keeping fine lines and wrinkles at bay.*

Below, we look at some of the benefits of rose water and their uses in medicine.

## Skin



- ❖ *The skin is the largest organ in the body and acts as a barrier against UV radiation, chemicals, and other physical pollutants.*
- ❖ *The antioxidants in rose water protect the cells in the skin against damage.*
- ❖ *Rose water also has anti-inflammatory properties, which means it can be put on the skin to soothe the irritation caused by conditions, such as eczema and rosacea.*
- ❖ *Rose water acts as an inhibitor against elastase and collagenase, which are both harmful to the skin.*
- ❖ *This, in turn, can help soothe the skin and reduce redness, as well as act as an anti-aging product by reducing the appearance of lines and wrinkles.*
- ❖ *Rose water facial products are available for purchase online.*

## Eyes

*In its liquid form rose water can be used as part of an eye drop and has been shown to have excellent benefits for people with eye problems.*

### Conditions it can help treat include:

- ❖ *conjunctivitis*
- ❖ *conjunctival xerosis or dry eye*
- ❖ *acute dacryocystitis*
- ❖ *degenerative conditions, such as pterygium or pinguecula*
- ❖ *cataracts*

## Wounds

Rose water has **antiseptic and antibacterial properties**, which mean it can help wounds heal faster, by keeping them clean and fighting infections.

The types of wounds rose water can be used on include:

- ❖ burns
- ❖ cuts
- ❖ scars

## Infections

Due to its antiseptic properties and the fact rose water can prompt the creation of histamines by the immune system, it has been shown to be useful for preventing and treating infections.

## Brain

The inhalation of rose water vapors has been traditionally used as a way to improve a person's mood. The liquid can also be taken orally.

Research has shown that rose water has **antidepressant and anti-anxiety properties**. It is believed to induce sleep and to have a hypnotic effect similar to that of the pharmaceutical drug diazepam.

It has been used to treat a number of **mental health conditions**, including:

- ❖ depression
- ❖ grief
- ❖ stress
- ❖ tension

In other medical cases, rose water is known to be beneficial in the treatment of conditions such as **dementia and Alzheimer's disease**.

A specific protein fragment called an amyloid, which is created by the body, has been shown to be present in these conditions and to affect the brain function, kill cells, and hinder memory. Encouragingly, properties found in rose water are an inhibitor of this amyloid.

## *Headaches*

*Just as the fumes of rose water are inhaled to help improve mood, it is believed that the de-stressing effects can also help treat headaches and migraines.*

*Rose water has been used in aromatherapy for some time and can also be applied to a cloth and laid on the forehead for similar effects.*

## *Digestion*

*The ingestion of rose water has also been shown to have beneficial effects on the digestive system. It works by increasing bile flow, which helps symptoms of common complaints, including bloating and upset stomach.*

*The consumption of rose water can also work as a laxative. It can increase both the amount of water in the feces and the frequency of going to the toilet, making it a good treatment for constipation.*

**How To Use Rose Water | 10 Uses of Rose Water** *The best and easiest way to use rose water maybe to apply it at night, to clear all impurities the face has collected through the day; but we've listed other surprising uses which are so quick and easy, you'll be shocked.*

- 1. Spritz Away!** *"A great way to use rosewater is by spritzing it on your face. Rosewater can also be sprayed over makeup to work as a makeup setting product, the mist will leave your face radiant. Fill an empty spray bottle with rosewater and spritz once you're done with your morning beauty routine to keep your face fresh and hydrated.*
- 2. Dry and Frizzy Hair?** *You've come to the right place. Mix equal parts rosewater and glycerin, apply on the scalp with the help of cotton pads and massage for 10-15 minutes. Let it stay for another 30 minutes and wash off with shampoo.*
- 3. Facial Cleanser:** *Rose water can be used a cleanser on all skin types. After washing your face with a mild face wash, all you have to do is add a few drops of glycerine to 1 tbsp rose water and apply it on your face.*
- 4. No More Tired Eyes:** *If you have tired, inflamed eyes - soak a cotton pad in chilled rose water and apply. It helps reduce puffiness under the eyes and get rid of redness.*
- 5. Hair Conditioner:** *Post shampooing, use a cup of rose water as a final rinse. It helps condition the hair deeply, adding a healthy shine you'll just love.*
- 6. Facial Toner:** *Wet a soft cotton ball with chilled rose water and dab it on cleansed skin. Its mild astringent properties help tighten the pores and gently tone the skin.*
- 7. Goodbye Acne:** *"Mix 1 tbsp of lemon juice with 1 tbsp rose water, apply it on acneic skin and let it stay for 30 minutes. Wash with fresh water. You can also apply a speedy facepack of fuller's earth (multani mitti) and mix it with rose water. Once it dries, wash it off. This helps cleanse pores, control excess oil and prevent acne.*
- 8. Makeup Remover:** *Tried and tested, this is the best makeup remover ever. Add a few drops of coconut oil to rosewater on a cotton pad and cleanse your face. The mixture works wonders to wipe off makeup and nourish your skin deeply at the same time. Note: Rub gently to avoid being harsh to your skin.*
- 9. Fair and Lovely:** *Add 2 tbsp gram flour and mix it with rose water plus lemon juice to make a smooth paste. Apply for 15 minutes to get rid of tanning.*
- 10. Pamper Yourself:** *Mix rose water with almond oil or regular cream and moisturise your body. "For some extra indulgence, draw yourself a rose-scented bath. It's considered the best antidote to stress.*

# *What forms and types are there?*

*Rose water contains rose oil, and tends to be more affordable than pure rose oil.*

*Rose water contains between 10 and 50 percent rose oil. It is often used in religious ceremonies, as well as in the food industry. However, the same product can come in different forms.*

## **Rose oil**

*This is created by distilling the rose flower. The oil can be mass-produced in factories and is a pale, yellow color and semisolid.*

*Due to its high concentration, rose oil is known to be a fairly expensive product.*

### *Dried flowers*

*Both the buds and the petals of the rose can be dried and are used for different reasons.*

*Often the petals are eaten, with yogurt, for example, and are used for the previously mentioned digestive benefits.*

### *Other products*

*Other forms that rose products may come in can include:*

*Rose hips: The seedpods of the roses, which are used either fresh or dried, and as they are or processed in factories.*

*Hydrosol and absolute extract: This can be taken from the flower, petals, or hips and can be a cheaper alternative to rose oil.*

*Ethanollic, aqueous, and chloroform extracts: These can be taken from the flower, petals, or hips and are used for research purposes.*

# Side effects

*A person can apply rose products topically by putting a small amount — about the size of a dime — on their arm as an initial test. If there is no adverse or allergic reaction within 24 hours it can be safely applied elsewhere.*

*In some cases, a person can have a reaction to rose water due to a particular and often unknown sensitivity to the product.*

*This can include:*

- ❖ burning*
- ❖ stinging*
- ❖ redness*
- ❖ irritation*

*If someone experiences any of these effects after the use of rose water, they should tell a doctor immediately, as it may be a sign of an infection or allergic reaction.*



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