



Rose Bulgaria

(*Rosa damascena*)

Stock #3892-8 (2 ml.)

Perhaps the most famous and expensive fragrance in the world, rose essential oil is virtually non-toxic, with antiseptic, astringent and anti-inflammatory properties that are highly prized in skin care. Rose oil acts as a cell regenerator (cytophylactic) and moisturizer for all skin types, particularly beneficial for aging skin, slow-healing wounds and scars, and for preventing stretchmarks. Rose oil is also an excellent remedy for dry or inflamed skin conditions such as eczema.¹⁻⁴

Certain essential oils are believed to provide protection against radiation, although it is recommended to not apply oils to the skin during radiotherapy treatment. Gentle application of oils such as *Lavandula angustifolia* (lavender), *Chamaemelum nobile* (Roman chamomile), and *Rosa damascena* (rose) to post-radiation burns can bring quick relief and facilitate healing. Furthermore, according to a study published in the *International Journal of Aromatherapy*, *Rosa damascena* (in an ointment) was beneficial in the treatment of radiodermatitis and radionecrosis—localized tissue death resulting from radiation.⁵

Rose oil is often regarded as a woman's oil, due to its effectiveness in correcting female hormonal problems—it has long been used for estrogen support. Rose oil promotes and regulates menstruation and relieves premenstrual syndrome, vaginitis and other uterine and menstrual complaints. Rose oil is also recommended for frigidity, impotence and sterility.^{1,4,5}

Possessing remarkable healing abilities, the effects of rose oil encompass the cardiovascular, digestive and nervous systems. Rose oil strengthens gastric function, enhances the flow of bile, relieves constipation, and acts as an exceptional cleansing tonic for the liver, combating the effects of liver congestion and alcohol consumption, including symptoms of hangover. Rose oil also regulates heart rhythm and blood circulation, and can even be used to treat eye problems such as conjunctivitis and blepharitis.^{1,4}

Rose oil's healing effects are considered psychologically analogous to its symbolic reputation for perfection, peace and love—its signature fragrance is spiritually uplifting, stabilizing the nervous system and acting as a gentle, though euphoric antidepressant, especially for conditions of the heart such as disappointment, envy, grief, jealousy, emotional shock, and sorrow. Of course, rose oil is also regarded as an aphrodisiac.^{1,2,4}

A study reported in the journal *Chemical Abstracts* found that inhaling rose oil gently sedated (calmed) white mice without causing ataxia—a condition of impaired coordination and motor activity. The control substance (reserpine) also sedated the mice, but did produce ataxia. Such information helps confirm the use of rose oil for the treatment of emotional shock, as well as general anxiety, insomnia, nervousness, palpitations, and stress-related conditions.³⁻⁵

As far back as the early 1920's, scientists had already confirmed that *Rosa damascena* produced a sedative effect. However, more recent research has uncovered at least one of the constituents responsible for this action. According to a study published in the *Journal of Essential Oil Research*, the terpenoid citronellol, found in eucalyptus, geranium, lemon and rose oils, has been shown to have both sedative and antifungal properties. Citronellol also plays an important role in the aroma of the plant, and possesses antiviral activity. Furthermore, recent research has shown that citronellol acts as a fungitoxic agent in vitro against *Cryptococcus neoformans*—an AIDS-related opportunistic infection.^{2,4-6}

In addition, research published in the *Journal of Ethnopharmacology* has identified a peripheral analgesic (pain-relieving) effect from the terpene myrcene, which is found in the essential oils of rose, frankincense and rosemary. Incidentally, these oils have a long history of analgesic use.^{3,5,7}

NSP's Rose Bulgaria essential oil is produced by steam distillation of the fresh petals, instead of solvent extraction. The distilled version of the oil is preferred for aromatherapy use, and the best oil of *Rosa damascena* comes from Bulgaria.⁴

References:

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- ⁵Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publish., 1997.

- ⁶Viollon, C. & Chaumont, J.P. "Antifungal properties of essential oils and their main components upon *Cryptococcus neoformans*." *Mycopathologia*; 1994, 128(3): 151-153.
- ⁷Lorenzetti, B.B., et. al. "Myrcene mimics the peripheral analgesic activity of lemongrass tea." *Journal of Ethnopharmacology*; 1991, 34(1): 43-48.